

REGISTRATION

Space is limited, so please register now by completing this form and returning the following information with a check for the registration fee by April 29, 2010.

Send to:

Tobacco Cessation Center at

ArnotHealth

600 Roe Avenue

Elmira, New York 14905

Name: _____

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Organization:

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\$20.00 Check enclosed for registration fee.

Make check payable to *ArnotHealth*.

For more information e-mail

jrodriguez@aomc.org.

Mayo Clinic Nicotine Dependence Center

Motivational Interviewing For Healthy Behavior Change

Sponsored by:



at Arnot Health

Serving Chemung, Schuyler, Steuben
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607-737-4463

WHAT

Motivational Interviewing for Healthy Behavior Change

Motivational Interviewing is a client-centered approach that has been shown to be effective when assisting people to overcome the ambivalence that often hinders them from making desired behavioral changes in their lives. In this presentation we will explore effective motivational strategies that practitioners can use when addressing behavioral changes.

Goal

From the training you will gain skills to enhance motivation before offering a patient treatment.

Program objectives

- Describe the “spirit” of Motivational Interviewing.
- Demonstrate and practice the interpersonal style and primary skills for engaging the patient, responding to resistance, exploring and enhancing motivation for behavior change.
- Name the four principles of Motivational Interviewing.
- Describe strategies to elicit and respond to “change talk.”

PRESENTER

Sheila K. Stevens, MSW

Education Coordinator

Mayo Clinic, Rochester MN

WHEN

Thursday, May 13, 2010

9:00 a. m. to 4:00 p.m.

WHERE

Radisson Hotel

Corning, New York

COST \$20.00

ACCREDITATION

6 Continuing Education Hours (CEH) are offered if attendees are present for the entire program.
