An overview of the motivational interviewing (MI) technique will be presented along with underlying assumptions and key principles. Basic skills will be practiced with ample opportunity for group interaction and skills practice.

**Workshop 1**
Monday and Tuesday, October 17 and 18
8 a.m. to 4:30 p.m. both days
Homewood Suites, 2010 Hospitality Way, Medford

**Workshop 2**
Wednesday and Thursday, October 19 and 20
8 a.m. to 4:30 p.m. both days
Homewood Suites, 2010 Hospitality Way, Medford

**Workshop Leader:**
**Susan Butterworth, PhD, MS, MINT**
Dr. Butterworth is an associate professor at OHSU and president of Q-Consult. Her expertise lies in behavior change, chronic care management, health promotion, and motivational interviewing-based health coaching. Dr. Butterworth is part of the Motivational Interviewing Network of Trainers (MINT) and has garnered national recognition for her research and training activities in this area.

**Who should attend?**
Healthcare professionals who are interested in facilitating lifestyle management or treatment adherence in their clients or patients.

**Prerequisites**
This workshop is sponsored by Health Resources and Services Administration (HRSA) grant monies and there are limited slots. To register, please contact Debbie Flickinger at (541) 789-4528 or dflickinger@asante.org.

**Continuing Education Credits**
The workshop is equivalent to 15 continuing education (CE) credits through the OHSU School of Nursing, which is authorized by the California Board of Registered Nursing.

**Refreshments and Breaks**
Coffee, tea, and water, along with light snacks, will be provided. Lunch is on your own. Ample breaks will be taken, including an hour lunch break.

To register or request information, contact Debbie Flickinger at (541) 789-4528 or dflickinger@asante.org.

**Motivational Interviewing**
Developed by William Miller, PhD and Stephen Rollnick, PhD, MI is a goal-oriented, client-centered approach to help individuals increase their intrinsic motivation to change a behavior. This health coaching approach is evidence-based and especially helpful with less ready, less motivated individuals. For more information on MI, go to www.motivationalinterview.org.