



# 3-Day Motivational Interviewing Intensive

Steven Malcolm Berg-Smith, MS  
San Francisco, CA  
December 1-3, 2010

## Description:

This 3-day intensive workshop will introduce participants to the theory, principles, and skills of motivational interviewing and related motivation-enhancing behavior change approaches. Participants will be guided through a sequence of learning activities to explore and shape counseling practice behavior, and to initiate a process for developing proficiency in motivational interviewing. Learning activities will include: real-life demonstrations, video-tape examples, “real-plays”, case studies, small group exercises, and significant participant practice with feedback. This workshop is appropriate for helping professionals with no prior or minimal to moderate exposure.

## Target Audience:

This workshop is appropriate for helping professionals who are in the role of counseling clients/patients to make and sustain healthy behavior changes: physicians, nurses, health educators, care managers, dieticians, social workers, counselors, psychologists, life coaches, clergy, probation/corrections officers, personal trainers, etc.

## Objectives:

1. Describe the “spirit” and key principles of Motivational Interviewing (MI).
2. Observe and debrief demonstrations and videotape examples of MI.
3. Demonstrate and practice the interpersonal style and primary skills for evoking intrinsic motivation for healthy behavior change.
4. Develop a personal plan for practicing and incorporating the primary skills and strategies of MI into counseling practice.

## What’s included in registration:

- 21 hours of high-level training
- Resource manual/materials
- Tea Breaks/Light Snacks
- Venue with stunning view of San Francisco Bay
- Certificate of completion\*
- \* Provider approved by the California Board of Registered Nursing, Provider # CEP 15181 for 21 contact hours
- \* Course meets the qualifications for 21 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavior Sciences, Provider # PCE 4457
- \* Provider approved by the Commission on Dietetic Registration for 21 CPE hours (# MS831)

## Venue: Fort Mason Center, San Francisco, CA

Located between Fisherman’s Wharf and the Golden Gate Bridge, Fort Mason Center is a National Historic Landmark, and the setting for more than 15,000 meetings, conferences, performances, and special events each year. With some of the best views of San Francisco, Fort Mason Center offers easy access to public transportation and a host of nearby accommodations and restaurants. ([www.fortmason.org](http://www.fortmason.org))

## Schedule:

8:30am—4:45pm

Lunch: 12:00—1:15pm

**Fee:** \$500.00 (fee increases after November 1)

**Space is limited to 30 participants! Sign up NOW!** (Registration form on next page)



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## REGISTRATION FORM

(please type or print clearly)

<b>Name:</b>	
<b>Profession:</b>	
<b>Mailing Address:</b>	
<b>Telephone:</b>	
<b>Fax:</b>	
<b>E-mail:</b>	

**Early Registration Deadline: (November 1) \$500.00**

**Late Registration: (After November 1) \$550.00**

**Refund Deadline\*: (November 1)**

**\* If you cancel prior to 11/01/10, you'll receive a refund, minus a \$100.00 processing fee.  
Non-refundable thereafter**

### Payment;

US Bank Check or Money Order in US dollars made payable to: **Steven Malcolm Berg-Smith**

PayPal: <http://www.berg-smithtraining.com/events.htm>

**Training Site: Fort Mason Center, San Francisco, CA (www.fortmason.org)**

### Send Registration Form and Payment to:

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Email : [smalcolms@earthlink.net](mailto:smalcolms@earthlink.net)