



Motivational Interviewing and Behavior Change

JULY 22 - 24, 8:00 AM - 5:00 PM

FEE: \$675 NWI MEMBER / \$775 NON-MEMBER
Or with Main Conference: \$975 NWI MEMBER /
\$1075 NON-MEMBER (prices good through 2/27/09)



Steven Berg-Smith, MS

Program Description This intensive 3-day workshop will provide participants an in-depth overview of the theory, principles, and skills of MI. The workshop will focus primarily on the use of MI in health care settings, including applications to health promotion and wellness.

Who Should Attend

This workshop is perfect for health and wellness professionals who are in the role of counseling patients/clients to make and sustain positive health behavior changes (e.g., health educators, physicians, nurses, dietitians, social workers, counselors, psychologists, personal trainers, etc. No Prior Experience Necessary!

Key Knowledge Acquired

1. A firm understanding of principles of Motivational Interviewing (MI).
2. Ability to interpret and debrief examples of MI.
3. Ability to demonstrate and practice the interpersonal style and primary skills for healthy behavior change.
4. Participants will be able to develop a personal plan for practicing and incorporating the primary skills and strategies of MI into counseling practice.

Value of Certificate

The certificate for this workshop establishes that a participant has fully participated in the workshop; has an initial understanding of the theory and principles of MI; has successfully demonstrated foundational skills, strategies and interpersonal style related to MI, and has a personal plan for developing clinical proficiency in the method.

Program Includes

1. 24 hours of integrated in depth training, Challenge exam.
2. Continuing Education Credits have been applied for with this program - watch www.nationalwellness.org for updates.
3. Resource manual/materials.
4. NWI Certificate of Participation.
5. Evening Conference programming July 22 and 23.

2009 NATIONAL WELLNESS CONFERENCE REGISTRATION

Name/Credentials: _____
 Job Title/Occupation: _____
 Organization: _____
 City, State, Zip: _____
 Phone: (____) _____ Fax: (____) _____
 Email: _____

For Best Prices
 return by 02/27/2009 to
 fax: 715.342.2979
 or
 PO Box 827
 Stevens Point, WI 54481

I am an NWI Member

Standard non-member prices include one year of NWI membership starting 08/01/2009.*

*Membership offer does not apply to Full Day Intensive, CWPC, CWPM, or CWPD participants.

Main Conference

Sun (PM) – Thr, 7/19-7/23

Mem	Non
\$495	\$595

Full Day Intensives

Saturday, 7/18

- Women's Wellness Wisdom Workshop (lunch included)
- Diverse Abilities, Infinite Possibilities: Defy Disability and Design Life

Mem	Non
\$85	\$85
\$85	\$135

Sunday, 7/19

- Becoming an Outdoors Woman (lunch included)
- Radical Aliveness: A One Day Intensive for Personal Growth

Mem	Non
\$85	\$85
\$85	\$135

Cancellation policy

Should you be unable to attend, a substitute delegate is welcome at no extra charge. A charge of 25% of the registration fee will be made for cancellations received in writing by June 26, 2009. We regret that no refunds will be given for cancellations received after June 26, 2009.

Certificate Programs

	Mem	Non
<input type="checkbox"/> Wellness Mapping	\$575	\$675
<input type="checkbox"/> IntelliPrev™	\$965	\$1065
<input type="checkbox"/> Motivational Interviewing	\$675	\$775
<input type="checkbox"/> CWPC	\$1000	\$1000
<input type="checkbox"/> CWPM	\$1000	\$1000
<input type="checkbox"/> CWPD	\$1000	\$1000
<input type="checkbox"/> Wellness Skill Building	\$575	\$675
<input type="checkbox"/> Certified Wellness Speaker (CWS)®	\$225	\$325
<input type="checkbox"/> Tai Chi Easy	\$675	\$775
<input type="checkbox"/> Circle of Life	\$675	\$775
<input type="checkbox"/> Human Performance	\$575	\$675
<input type="checkbox"/> Programs that Work	\$225	\$325
<input type="checkbox"/> High Performing Organizations	\$575	\$675
<input type="checkbox"/> A Time to Heal	\$2495	\$2495
*Call to Register Your Team		
<input type="checkbox"/> Stress Management	\$1195	\$1295
<input type="checkbox"/> Conscious Body Level 1	\$575	\$675
<input type="checkbox"/> Conscious Body Level 2 + MC	\$885	\$985

Certificate Program Plus Main Conference

	Mem	Non
<input type="checkbox"/> Wellness Mapping + MC	\$985	\$1085
<input type="checkbox"/> IntelliPrev™ + MC	\$1365	\$1465
<input type="checkbox"/> Motivational Interviewing + MC	\$975	\$1075
<input type="checkbox"/> CWPC + MC	\$1495	\$1595
<input type="checkbox"/> CWPM + MC	\$1245	\$1345
<input type="checkbox"/> CWPD + MC	\$1245	\$1345
<input type="checkbox"/> Wellness Skill Building + MC	\$985	\$1085
<input type="checkbox"/> CWS® + MC	\$635	\$735
<input type="checkbox"/> Tai Chi Easy + MC	\$1075	\$1175
<input type="checkbox"/> Circle of Life + MC	\$1075	\$1175
<input type="checkbox"/> Human Performance + MC	\$985	\$1085
<input type="checkbox"/> Programs that Work + MC	\$635	\$735
<input type="checkbox"/> High Performing Organizations + MC	\$985	\$1085
<input type="checkbox"/> A Time to Heal	\$100	\$200
*plus team fee		
<input type="checkbox"/> Stress Management + MC	\$1395	\$1495
<input type="checkbox"/> Conscious Body Level 1 + MC	\$985	\$1085
<input type="checkbox"/> Conscious Body Level 1 & 2 + MC	\$1055	\$1155

Campus Housing

Male Female

- Single, \$25/night
- Single w/air, \$31/night
- Double, \$20/night/person
- Double w/air, \$26/night/person
- Friday
- Saturday
- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday

Roommate/special request: _____

Campus Meals

- Main Conference, Mon AM - Thr PM, 7/20-7/23 \$104
 - Saturday Lunch, 7/18 \$8.10
 - Sunday Lunch, 7/19 \$8.10
- Per Day \$26, Select Days: Mon Tue Wed Thr

Parking \$16 Main Conference, Mon AM - Thr PM

Payment Information (Payment in full required by deadline.)

- Check Enclosed (payable in US funds to: National Wellness Institute, Inc or NWI (\$25 for NSF checks)) or
- MC Visa AMEX

Credit Card Number: _____ Expiration Date: _____ Verification Code: _____

Cardholder Name: _____ TOTAL Payment: _____