

# Pre-Conference Intensive

The National Wellness Conference is presented by the National Wellness Institute, Inc., a nonprofit organization promoting wellness globally.

## Linking Up for Wellness

37th Annual



National  
Wellness  
Conference

2012

July 16-19, 2012  
in Stevens Point, WI  
Pre-Conference begins July 13

## Motivational Interviewing for Health and Wellness Professionals

### Program Description

Motivational Interviewing (MI) offers a practical, evidence-based communication and counseling approach for guiding clients to make and sustain behavior changes. This intensive workshop will provide participants an in-depth overview of the theory, principles, skills, and current advances in MI. The workshop will focus on the use of MI in health and wellness settings, including specific application to wellness coaching. 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 MI.

### Who Should Attend

This workshop is appropriate for helping professionals with no or prior exposure to motivational interviewing, and who are in the role of counseling/coaching clients to make and sustain healthy behavior changes: physicians, nurses, health educators, care managers, dietitians, social workers, counselors, psychologists, health and wellness coaches, clergy, probation/corrections officers, personal trainers, etc.

### Objectives

As a participant, you will be able to

- describe the "spirit" and key principles of MI;
- observe and debrief demonstrations and videotape examples of MI;
- demonstrate and practice the interpersonal style and primary skills for evoking intrinsic motivation for healthy behavior change;
- receive individual feedback in MI practice behavior;
- develop a personal plan for practicing and incorporating the primary skills and strategies of MI into counseling practice.

Please go to [NationalWellness.org/Conference](http://NationalWellness.org/Conference) for more details including testimonials and continuing education credit.

### Dates:

Friday, July 13–Sunday, July 15, 2012

### Times:

Friday—2 p.m.–6 p.m.

Saturday & Sunday—8 a.m.–5:30 p.m.

**Registration Fee:** \$785

Presented by:

**Steven Malcolm Berg-Smith, MS, CWP**

Steven Malcolm Berg-Smith, PhD, CWP, has worked as a health educator, behavior change counselor, drug and alcohol prevention specialist, and researcher for over 23 years. He currently has a private practice in San Francisco as a trainer, consultant, mentor, and health counselor. A member of the International Motivational Interviewing Network of Trainers since 1994, Steven has conducted over 300 workshops throughout the United States and internationally on strategies for motivating health behavior change in brief clinical encounters and designed behavior change intervention protocols for numerous national clinical research trials. Considered a 'master' trainer by his peers, Steve was selected to co-facilitate the 2006 Motivational Interviewing "Training for Trainers" program in Miami, Florida. Steven holds an MS in Community Health Education from the University of Oregon and a BA in psychology from the University of Redlands.



Register online at [NationalWellness.org/Conference](http://NationalWellness.org/Conference)  
or by calling **715.342.2969**