



OSCVPR OREGON SOCIETY *of* CARDIOVASCULAR
& PULMONARY REHABILITATION ♥

What Motivates Change? Translating Theory into Practice

With Dana Sturtevant, MS, RD, LD

Private Practice - Nutrition Therapist, Yoga Teacher, and Motivational Interviewing Trainer

Objectives:

- Describe the spirit and key principles of Motivational Interviewing (MI).
- Observe and debrief demonstrations and videotape examples of MI.
- Demonstrate and practice the interpersonal style and primary skills of evoking intrinsic motivation for change.

Activities will include:

- Observing, coding, and debriefing video clips of the counseling style
- Small group discussions
- Numerous listening exercises (forming reflections, exploring confidence/importance/readiness using scaling questions)
- Real and role play activities

When: Saturday, June 25, 2016
8:00 am – 5:30 pm

Where: Salem Hospital
Salem, Oregon

Cost: \$50 – AACVPR member
\$80 – AACVPR non-member

Registration is limited to 30 participants.
8 CEUs approved by AACVPR.
Morning coffee and lunch provided.

To register please go to oscvpr.org
For questions, please contact Deb Proctor, OSCVPR Secretary/Treasurer at deb9599@yahoo.com