



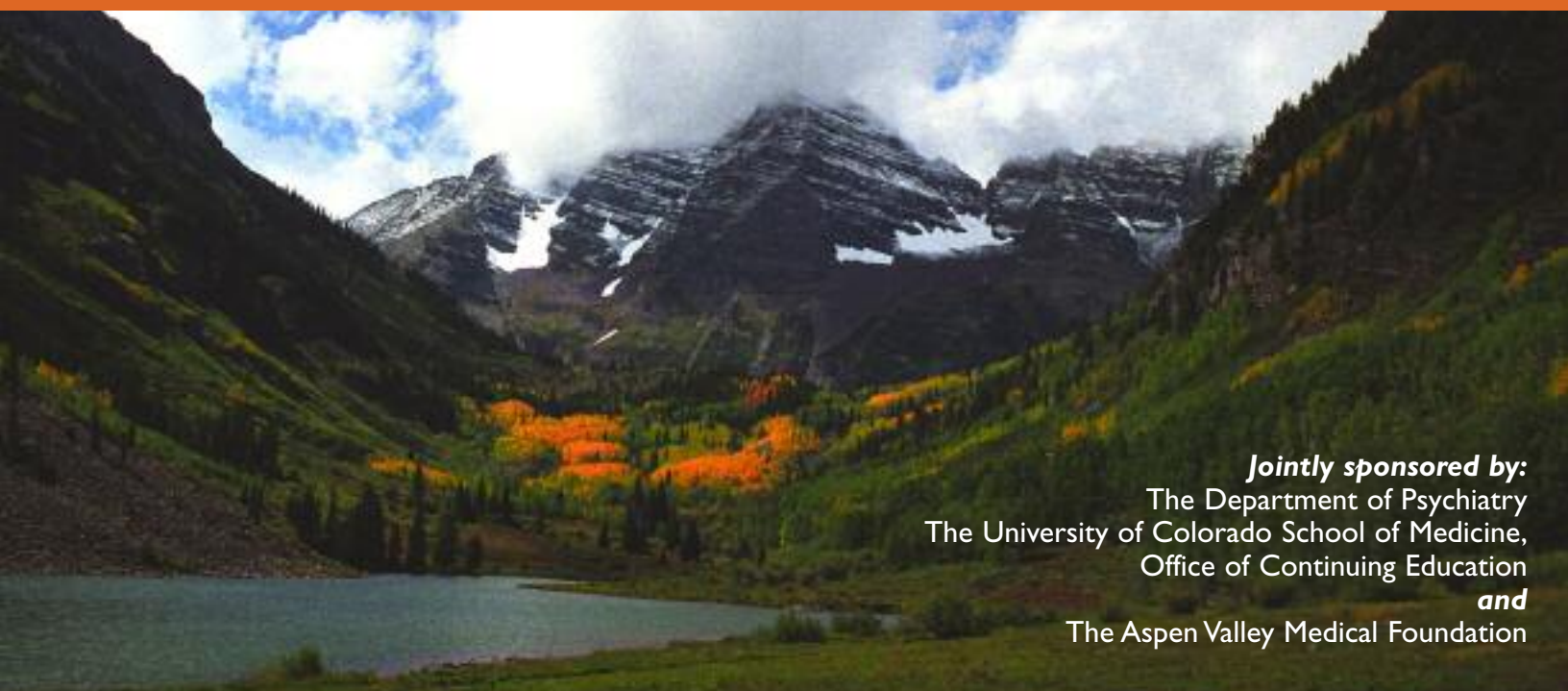
**University of Colorado at Denver  
and Health Sciences Center**  
University of Colorado School of Medicine  
Continuing Medical Education  
4200 East Ninth Avenue, C295  
Denver, Colorado 80262



This program is a part of the Colorado Statewide Extended Campus.  
State funds were not used to develop or administer this program.



## The 30th Annual Psychiatry Conference August 3-5th, 2005 • The Given Institute, Aspen, Colorado



*Jointly sponsored by:*  
The Department of Psychiatry  
The University of Colorado School of Medicine,  
Office of Continuing Education  
*and*  
The Aspen Valley Medical Foundation

# PREPARING FOR CHANGE: The philosophy and techniques of Motivational Interviewing

## GENERAL INFORMATION

Aspen, Colorado will again be the site for our three day Psychiatry Conference. For our 30th Annual Conference, we will continue the same small group case conference and lecture format of our summer program at the Given Institute.

**The Given Institute** is a delightful site for a meeting. The building is surrounded by beautifully landscaped grounds which are used for informal discussion and social events. The Institute is located at 100 E. Francis St., at the corner of Garmisch & E. Francis, 3 blocks north of Highway 82 (main street). The telephone number is 970-544-6000. Visit: [www.giveninstitute.org](http://www.giveninstitute.org) for more information.

### ASPEN, COLORADO

Aspen is located 200 miles west of Denver at an elevation of 7,900 feet, in the midst of the White River National Forest, near some of the most spectacular scenery in Colorado. It may be reached from Denver by automobile via Routes 285, 24, and 82 which is a breathtaking ride over Independence Pass (approximately 3.5 hours), or via Glenwood Springs on Interstate 70 and Route 82 (approximately 4 hours). Many find it convenient to arrange for a rental car in Denver; however, regularly scheduled flights on United Express from Denver International Airport are also available. Amtrak train service is also available between Denver and Glenwood Springs, with shuttle bus service from Glenwood to Aspen. Colorado weather features warm days, cool evenings and occasional late afternoon showers. Bring clothing suitable for temperature ranges between 55-85 degrees. Casual wear

### TRANSPORTATION

For flight arrangements, please contact Custom Travel, Ltd. at 1-800-634-3273 or 303-333-5471. Information will be provided for the best fare available from your market. Booking fees will be applied. Reservations may be faxed to 303-333-1688 or emailed to [info@customtravel.agencymail.com](mailto:info@customtravel.agencymail.com) or visit: [www.customtravelltd.com](http://www.customtravelltd.com). Custom Travel can also reserve discounted car rentals. When making reservations, please reference PSYCH.

### ACCOMMODATIONS

Please reference the University of Colorado Psychiatry Conference when calling for reservations.

**Aspen Mountain Lodge:** 311 W. Main St., 4 blocks from the Given Institute. Outdoor swimming pool and hot tub, air conditioned rooms, complimentary parking. Rates from \$129 includes expanded continental breakfast. Email: [rockies@sorpis.net](mailto:rockies@sorpis.net). 800-362-7736 or 970-925-7650 Visit: [www.aspenmountainlodge.com](http://www.aspenmountainlodge.com).

**Hotel Aspen:** 110 W. Main St., 2 blocks from the Given Institute. Contemporary classic with a variety of room types, some with jacuzzis, balconies, solariums. Rates starting at \$159 includes mountain breakfast, high speed internet access, outdoor heated pool and jacuzzis, air-conditioned rooms, and more!! Email: [cal@hotelaspen.com](mailto:cal@hotelaspen.com). 800-527-7389 or 970-925-3441 Visit: [www.hotelaspen.com](http://www.hotelaspen.com).

**Molly Gibson Lodge:** 101 W. Main St., 2 blocks from the Given Institute. Courtesy airport and town shuttle, complimentary breakfast, beautiful pool area, all rooms air conditioned, wireless internet service. Discounted rates from \$157 to \$233 on direct bookings. 800-356-6559 Visit: [www.mollygibson.com](http://www.mollygibson.com).

For additional lodging information, telephone Aspen Central Reservations at 800-262-7736 or visit: [www.aspenchamber.org](http://www.aspenchamber.org) or call 888-452-2409, visit: [www.aspensnowmass.com](http://www.aspensnowmass.com). **There are many events occurring in Aspen during this time, so your early**

is appropriate and encouraged. Sunglasses and sunblock are advised.

### ASPEN ACTIVITIES

Aspen is one of the nation's foremost cultural centers. The internationally renowned Aspen Music Festival attracts some of the best conductors and musicians in the world. For a free calendar of events write to Music Associates of Aspen, 2 Music School Road, Aspen, CO 81611. Telephone 970-925-3254; fax 970-920-1643; e-mail: [festival@aspenmusic.org](mailto:festival@aspenmusic.org) - Visit: [www.aspenmusicfestival.com](http://www.aspenmusicfestival.com) for more information.

Dance Aspen offers performances by top dance troupes from around the country. The Aspen Art Museum, located in the historic power plant building, features shows by nationally recognized artists and curators. Downtown Aspen also houses several well-known galleries and shops. Aspen provides unequalled opportunities for hiking, fishing, biking, horseback riding, golf, tennis, rafting, hot air balloon rides, and more. Information and a pre-registration packet is available online at [www.uchsc.edu/cme](http://www.uchsc.edu/cme) or you may call Blazing Adventures directly at 800-282-7238 or 970-923-4544 and ask for the Group Services department. For more information on Aspen activities, visit: [www.aspenchamber.org](http://www.aspenchamber.org).

**decision regarding lodging and airline reservations is strongly advised.**

### PROGRAM CERTIFICATION Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Colorado School of Medicine and the Aspen Valley Medical Foundation. The University of Colorado School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

### CME Credit

The University of Colorado School of Medicine designates this educational activity for a maximum of 11.5 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

### FEES

Prior to June 15, 2005: \$350. Postmarked after June 15: \$375. The fee for students is negotiable on a space available basis. All registration fees include a non-refundable administrative charge of \$50, continental breakfasts, refreshments, reception, and syllabus. Cancellation: Up to 10 working days before this course, a 90% refund (calculated after subtraction of the \$50 administrative charge) will be made for cancellations. No refunds will be granted after this date or for non-attendance. The conference committee reserves the right to cancel this conference in the event of an unforeseen circumstance, or if the minimum acceptable registration is not attained.

### FOR ADDITIONAL INFORMATION

Please contact the Office of CME at the University of Colorado School of Medicine  
800-882-9153 or 303-372-9050. Visit: [www.uchsc.edu/cme](http://www.uchsc.edu/cme) to register online and link to conference venue information.



# LEARNING OBJECTIVES



A key question for psychotherapists and health-care providers is “why do some people change while others do not?” Motivational Interviewing is a style, spirit, and collection of techniques that gets to the very heart of this essential question. For those trained in Motivational Interviewing, the proper question is not “why isn’t this person motivated?” but rather “what is the person motivated for?” Ambivalence is a normal part of human nature and must be resolved in order for healthy change to occur (Miller and Rollnick, 2002). We can help – or hinder – our patients with our approach to their normal ambivalence as they struggle with the panoply of self-defeating behaviors that are part of everyday life.

In small group settings, our nationally certified course faculty will present an overview of Motivational Interviewing and focus on developing participants’ basic skills in the use of Motivational Interviewing in their practice settings. Conference faculty will utilize video, live demonstrations and role-playing practice exercises. Participants will learn new skills to help them deal with previously “difficult” (or “stuck”) situations and they will be encouraged to consider how they might apply what they learn this summer in Aspen to enrich their daily work with patients.

# SCHEDULE

Because of our small group format, conference enrollment will be limited so reserve your place now.

## Wednesday, August 3rd.

- 7:30 - 8:30 Registration and continental breakfast  
Given Institute Lobby and Gardens
- 8:30 - 8:40 Welcome and course organization  
Drs. Robert Freedman & Michael Weissberg
- 8:40 - 9:45 **Preparing People for Change: what is motivational interviewing?**  
Dr. Steve Martino
- 9:45 - 10:00 Break and informal discussion
- 10:00 - 12:30 **Training Groups**
- 5:00 - 6:30 **Music and Wine for course attendees, faculty, families and friends Given Institute Gardens**

## Thursday, August 4th

- 7:30 - 8:30 Continental breakfast  
Given Institute Gardens
- 8:30 - 10:00 **Training Groups**
- 10:00 - 10:15 Break
- 10:15 - 12:30 **Training Groups**

## Friday, August 5th

- 7:30 - 8:30 Continental breakfast  
Given Institute Gardens
- 8:30 - 10:00 **Training Groups**
- 10:00 - 10:15 Break
- 10:15 - 11:30 **Training Groups**
- 11:30 - 12:30 **Panel: where do we go from here?**  
Drs. Martino, Burke, Ms. Garrett.

## FACULTY

**Course Director**  
**Michael Weissberg, MD**  
Professor and Vice Chair for Education  
Department of Psychiatry  
University of Colorado School of Medicine

**Course Coordinator:** Mark Groth

**Trainers:** All are active clinicians and certified trainers with extensive experience training psychotherapists and other health-care providers in the philosophy and techniques of motivational interviewing.

**Steve Martino, PhD**  
Associate Professor  
Yale University Department of Psychiatry  
Interests include the application of Motivational Interviewing (MI) in psychiatric and substance abusing populations, effectiveness of clinician training strategies for MI, and the development of MI adherence and competence tape rating and supervision models. MI Trainer for NIDA’s Clinical Trials Network Motivational Interviewing, Motivational Enhancement Therapy (MET), and Spanish MET protocols.

**Kathleen M. Garrett, MA**  
Psychosocial Research Program Manager  
AMC Cancer Research Center, Denver, CO  
Center for Behavioral and Community Studies  
Interests include the use of MI techniques in cancer prevention and control including obesity prevention, cancer screening adherence, and enhancing healthy lifestyle behaviors for breast cancer survivors. Member, Motivational Interviewing Network of Trainers

**Brian Burke, PhD**  
Assistant Professor of Psychology, Fort Lewis College, Durango, CO  
New Faculty Teaching Award, 2004, Fort Lewis College  
Interests include the efficacy of MI (including meta-analysis), the use of MI with couples, and the centrality of motivation in psychotherapy as well as in other “human change” contexts.  
Member, Motivational Interviewing Network of Trainers

### Group co-facilitators

**Rob Feinstein, MD**  
Professor of Psychiatry and Vice-Chair  
Clinical Practice Director  
Department of Psychiatry  
University of Colorado School of Medicine

**Thomas Brewster, LCSW**  
Associate Professor and Executive Director  
Addiction Research and Treatment Services  
Department of Psychiatry  
University of Colorado School of Medicine

**Christian Hopfer, MD**  
Assistant Professor of Psychiatry  
Division of Substance Dependence  
Director of Adult Psychiatric Services  
Addiction Research and Treatment Services  
Department of Psychiatry  
University of Colorado School of Medicine

**Kristin Kilbourn, PhD, MPH**  
Associate Professor of Psychiatry  
Director of Psychosocial Programs  
AMC Cancer Research Center, Denver, CO  
Department of Psychiatry  
University of Colorado School of Medicine

**Paula Riggs, MD**  
Associate Professor of Psychiatry  
Division of Substance Dependence  
Director of Psychiatric Services for Adolescents  
Addiction Research and Treatment Services  
Department of Psychiatry  
University of Colorado School of Medicine

**John A. Talbott, MD**  
Professor of Psychiatry  
University of Maryland School of Medicine  
Recipient of the APA’s Special Presidential Commendation as Editor of Psychiatric Services.

### For Additional Information

Please contact the Office of Continuing Medical Education  
University of Colorado  
School of Medicine  
800-882-9153 or 303-372-9050

## Registration The 30th Annual Psychiatry Conference

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(Please print or type)

Name \_\_\_\_\_  
(print name as you would like it to appear on your CME certificate)

Degree: \_\_\_\_\_ MD \_\_\_\_\_ DO \_\_\_\_\_ PhD \_\_\_\_\_ PsyD \_\_\_\_\_ Other

Address \_\_\_\_\_

Zip \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Office Phone ( ) \_\_\_\_\_ FAX ( ) \_\_\_\_\_

E-mail \_\_\_\_\_

**Registration Fee:** **Prior to June 15** **Postmarked after June 15**  
**\$350** **\$375**

Enclosed:  
 Check made payable to: University of Colorado School of Medicine  
 Visa  Mastercard

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Signature \_\_\_\_\_

I have special needs and may require accommodation in order to fully participate in this activity. You will be contacted by someone from CME to discuss your specific needs.

**Detach and return to:**  
Psych-CME  
4200 E. 9th Ave., C295  
Denver, CO 80262  
or FAX with credit card number  
to 303-372-9065

Prior to attending the conference, it will be helpful if you can review pp 3-51 in Motivational Interviewing (2nd Edition) by Miller and Rollnick, The Guilford Press, NYC 2002)

**We offer on-line registration for CME conferences.**  
Please go to our web site:  
[www.uchsc.edu/cme](http://www.uchsc.edu/cme) and click on the “Register Now” button. From that point you will be able to select registration for individual conferences. Payment by Visa or Mastercard is required to register on-line. When you register on-line, you will receive immediate confirmation of your conference registration.