

**Kathlynn Northrup-Snyder  
Ph.D., CNS, MSN, RN**

Dr. Kathlynn Northrup-Snyder is the owner/consultant of Community Health Concepts and faculty at Oregon Health Sciences University School of Nursing. She has worked as a community/public health nurse for 30 years, earned her Master's as a Community Health Clinical Nurse Specialist and a Ph.D. in Public Health with an emphasis on health promotion and behavior change. She is a member of the Motivational Interviewing Network of Trainers, the American Public Health Association, American Nurses Association, and certified by the American College of Sports Medicine. As an educator, Kathlynn believes in engaging the learner and bridging the gap between theory/research and application in practice. She engages individuals in unique exploration of their potential to live holistically, honoring what they have within to meet this goal.

Similarly, within the community Kathlynn believes in using a holistic approach to assessment, intervention, implementation, and evaluation of projects, as well as working in a collaborative and respectful manner with community members.

As a presenter, Kathlynn provides a fun and realistic approach to health promotion and behavior change causing attendees to consistently report new insights, changes to practices and other "Ah Ha's".

"Contact hours for this continuing nursing education activity has been submitted to the Washington State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Please contact Kathlynn Northrup-Snyder at Community Health Concepts for more information about contact hours."

## ***Disney's Coronado Springs Resort***

Inspired by the explorers who searched for the fabled Seven Cities of Gold, *Disney's Coronado Springs* Resort celebrates the character and traditions of the American Southwest and northern Mexico. Here, palm-shaded courtyards and Spanish-style haciendas create the perfect climate for business and pleasure. You can soak up the sun at a five-story Mayan pyramid that towers over an elaborate themed pool area, or indulge in the flavors of Mexico, the Caribbean and South America at the *Maya Grill*. Conveniently located in *Disney's Animal Kingdom*® Resort area, *Disney's Coronado Springs* Resort is a stone's throw from all four *Walt Disney World*® Theme Parks, championship golf and Disney entertainment districts. Other features include La Vida Health Club; massage; bicycle & watercraft rentals; nature walk; business center and in-room high speed Internet access.

**Special Seminar rate: \$149 per night** (will apply to additional nights stay before and after the seminar. Subject to availability.)

**For group hotel reservations call:**  
(407) 939-1020  
**Code:** G0549747

**Room block only held until Sept. 25, 2009!!**

## ***Disney's Magical Express Service***

If you're arriving by air, *Disney's Magical Express* Service is complimentary and available when you stay at a Disney Resort hotel. Disney will pick you up at Orlando International Airport and retrieve your checked luggage, then take you to your Disney Resort hotel. To book *Disney's Magical Express* Service, call (407) 827-6777 or visit [www.disneyconventionears.com/dme](http://www.disneyconventionears.com/dme) for more details.

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For registration & information go to:  
[CHCeffectingchangeseminar.tk](http://CHCeffectingchangeseminar.tk)



*Community Health Concepts Presents:*

***Effecting Change with our  
Clients:  
Keys to Creating Magic!***

***October 26-28, 2009  
Disney's Coronado Springs Resort  
Bonus Day Oct. 29, 2009***

***For nurses & other  
providers working with  
clients changing  
behaviors***

## Effecting Change with our Clients: *Keys to Creating Magic!*

### Key Elements:

- 🔑 Introduction to Motivational Interviewing (MI)
- 🔑 Understand behavioral choices
- 🔑 Try clinically assessed & evidenced based tools
- 🔑 Explore culture & values related to impact on behavior
- 🔑 A bonus day includes Level II- Motivational Interviewing
- 🔑 Blend work & play in a creative seminar held where family/friends of all ages can have fun!

### Pricing Structure

- \$375 Regular registration
- \$400 Onsite registration
- \$10 For 18 contact hours-CNE (nursing)
- \$69 Hidden Treasures tour (optional)  
(Lodging & transportation separate)

### For registration information contact:

Community Health Concepts  
Dr. Kathlynn Northrup-Snyder  
(503)930-5097

Kathlynn@CommunityHealthConcepts.com

### Hidden Treasures: optional 3 hours CNE

Workshop participants are eligible to sign-up for this tour offered exclusively by the Disney Institute. This 3.5 hour tour explores the cultures, music & architecture of the World Showcase Countries.

For our group, Hidden Treasures brings the wonder & discovery of traveling the world to life in one extraordinary & entertaining journey. We will travel behind the scenes for a look at some of the illusions created by Disney Imagineers.

The price for the tour is \$69. The CNE is free. There is a required minimum of 20 to book this tour (If the tour must be cancelled, your \$69 will be fully refunded.) Additional guests are welcome (must be over 16 years of age). No theme park ticket is required for the tour.

### In an experiential format with practical guidelines - participants gain:

1. An overview of the spirit, foundations, and principles of Motivational Interviewing.
2. Use of empathic communication skills; working with resistance, ambivalence & decisional balance; and developing change plans.
3. A foundational understanding of behavior change theory, the process of change, and examples of how to explore & facilitate change using an application of current theory.
4. Interactive exploration and experiential opportunities toward understanding the culture of their clients and how this effects behavioral choices.
5. Interactive experiences for understanding the dietary & physical challenges of clients with chronic illness or disability and how this impacts their choices.

### Bonus day:

### Motivational Interview skills- Level II

October 29, 2009 8-5pm

\$10 For 7 CNE      \$90.00 Regular  
   \$100.00 Onsite

This bonus day builds on the Basic Introductory Motivational Interviewing skills with a focus on commitment language and change talk. Opportunities to practice both the Basic and Level II Introductory Motivational Interviewing skills. Time to focus on your specific patient population will help you create the foundation you need to initiate this effective set of skills with increased confidence.

An excellent 1 day opportunity for those with prior MI education who are ready to move to the next level of skill.

*"I feel I have learned a tremendous amount of useful information! I am eager to continue to use these models and techniques in my practice, and to continue to improve on them. It has been a great experience!"*

*"I had often been frustrated by clients inability to change their self-destructive behaviors despite their understanding of the consequences. I am no longer frustrated by this and I now know that I can help them decide when and how to change."*

### *Evenings on your own you can enjoy*

### The *Epcot*® International Food & Wine Festival

-an autumn special event that transforms *Epcot*® Theme Park into a food and wine lover's paradise with specialty food items, culinary events, sophisticated parties and live musical entertainment. *Epcot*® theme park always features a remarkable collection of international dining opportunities and tempting spirits, but during the *Epcot*® International Food & Wine Festival there is even more to sample, sip and love.

Try delicious cuisine from around the world at special food booths set up along World Showcase Promenade. Explore specialty marketplaces featuring regional foods, wines and beers. Learn from renowned chefs and winemakers at special programs and demonstrations, and sample the finest cuisine from around the globe at spectacular culinary events.