

1-Day Pre-Conference Workshop, Washington, DC

## Applying Self-Determination Theory to Health-Behavior Interventions

Planned by SBM's Theories & Techniques of Behavior Change Interventions SIG & the Center for Self-Determination Theory

Expert Trainer: Jennifer G. La Guardia, Ph.D.

**March 30, 2016**  
9:00 am to 6:00 pm

Self-Determination Theory is one of the leading psychological theories on motivation & a powerful cornerstone to building a successful health initiative, program or intervention. In this training you will...

- **Gain a deeper understanding of SDT principles & discover precisely why SDT provides a powerful framework for:**
  - Improving motivation for behavior change
  - Cultivating value for important health behaviors
  - Creating meaningful goals
- **Learn to practically apply the SDT framework** in actionable ways, helping researchers and practitioners translate theory into practice
- **Distinguish the SDT approach** from other prominent interventions (e.g., MI).
- **Learn how to utilize SDT in different modes of treatment delivery** (including mobile health, individual, and group modalities)
- **Explore how SDT is synergistic with your health initiatives, programs, or interventions** and can help create lasting change and improved long-term health outcomes

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To Learn More or Register, go to:

<http://www.sbm.org/meetings/2016/pre-conference-sessions/courses#course10>