



Motivational Interviewing Workshop Faculty



Denise Ernst, PhD, MS, MA

Dr. Ernst is the Vice President of Health Management Services (HMS). Her background includes research in integrating evidence-based practices into existing practice and the use of motivational interviewing in health coaching, chronic disease management, health promotion, and brief intervention. Denise is a member of the Motivational Interviewing Network of Trainers (MINT) and has extensive experience in MI training, coaching, and treatment fidelity coding.



Verna Burden, MS, RD

Ms. Burden is the Health Coaching Manager for HMS. She is responsible for the training and ongoing development of Health Coaches. A member of the Motivational Interviewing Network of Trainers (MINT), Verna also has expertise with treatment fidelity coding tools. With a strong background in research, her areas of specialty include weight management, nutrition and general lifestyle management.

Health Management Services

Health Management Services (HMS), a division of Health Future LLC, provides a full continuum of health and disease management services to organizations and health plans locally and nationally.

HMS has been offering evidence-based programs and services for local and state organizations since 1997, with Motivational Interviewing based health coaching as its core approach to providing effective interventions. They have published several studies on their outcomes in peer-reviewed journals.

For more information on health coaching and other services please go to: www.healthfuture.org/hms.

