

AGENDA

8:30- Introductions and welcome

8:45- The "Spirit of Motivational Interviewing" for Health Behavior Change

- Ambivalence: Why don't people do what is good for them?
- Roadblocks to change (exercise)
- LURE framework: listen, understand, and resist the urge to fix it, empower the client
- MI research

10:00 - Break (15 minutes)

10:15- Motivational Interviewing 101

- MI practice example (video)
- Strengths-based approaches and the power of beliefs
- What helps people change? (Exercise)

11:00- MI "Micro-Skills"

- OARS: open-ended questions, affirmation, reflection, summary (video, exercises)
- The elicit-provide-elicited method for patient education
- Avoiding conversational traps (video)

12:00- 12:30 PM Lunch (30 minutes)

12:30- Sustain Talk and Change Talk

- Matching techniques to patients' readiness for change
- Responding to sustain talk
- Recognizing change talk / DARN CATs (exercise)

1:30-Advanced Skills

- Values, goals, and setting agendas (exercise)
- Readiness rulers / raising and lowering intensity (exercise)

2:45 - Break (15 minutes)

3:00- Difficult Patients

- Difficulty conversations and rolling with resistance (exercise)
- Dealing with discord (video)

4:00- Next Steps for Using Motivational Interviewing in Practice (exercise, story)

4:30- Wrap-up, Discussion, Evaluation & Adjourn

Space is limited. Call 307-577-9885 or e-mail Kimber Bray kbray@cnchd.org for questions.

While there is no charge to attend, participants are responsible for all travel costs. Please register so that we ensure enough materials and lunch for everyone.

