

# Motivational Interviewing for Healthcare Providers Series

August 13 to December 3, 2015

Motivational Interviewing (MI) is a collaborative and empowering approach effective with complex behavior change and illness management through the use of client/patient centered skills and directive strategies. MI can be used with brief encounters and is shown to be more effective than traditional advice giving. This series is geared for all members of healthcare teams and providers using a team based approach. The complete MI series includes an introductory session followed by four modules that can be completed within a few months (Rapid Cycle) or up to a year for professionals desiring more time between sessions.

## Thursday, August 13, 2015 | MOTIVATIONAL INTERVIEWING FOUNDATIONAL SKILLS

At the completion of this knowledge-based activity, the participant will be able to:

- Identify the theoretical basis for MI
- Identify how to integrate the spirit of MI (i.e. compassion, autonomy, evoking and collaboration) into practice
- Apply basic skills and strategies of MI OARS

### Agenda

- 5:30-5:45 Eat and Meet
- 5:45-6:00 MI Knowledge Assessment
- 6:00 -7:15 Overview of MI Theory, Core Skills and Research
- 7:15-7:30 Break
- 7:30 -8:00 Small Group Skills Practice
- 8:00-9:00 Integrating MI Theory and Spirit Into Practice

**Registration/Check-in is 5:00 - 5:30 for each session. Bring your own dinner.**

## Thursday, September 3, 2015 | ENGAGEMENT

At the completion of this knowledge-based activity, the participant will be able to:

- Describe engagement concepts and MI spirit
- Demonstrate ways to engage difficult clients
- Identify reengagement issues that arise relationally or because of other factors

- 5:30-5:45 Eat and Meet Foundational Concepts Review and Discussion
- 5:45-6:15 Knowledge Assessment and Overview of Engagement Concepts and MI Spirit
- 6:15-6:45 Easy Engagement Strategies and Practice
- 6:45-7:45 Skills for Engaging "Difficult" Patients and Reengagement Strategies
- 7:45-8:15 Small Group Engagement Skills Practice

## Thursday, October 1, 2015 | FOCUSING

At the completion of this knowledge-based activity, the participant will be able to:

- Explain the Focusing Continuum and how to create focus with difficult clients.
- Demonstrate ways to use setting agendas, single topic and discussion as tools for developing collaboration and clarity
- Identify team strategies to address focusing and goal setting

- 5:30-5:45 Eat and Meet Engagement Concepts Review and Discussion
- 5:45-6:15 Knowledge Assessment and Overview of Focusing Continuum
- 6:15-6:45 Practice Focusing Strategies
- 6:45-7:15 Team Strategizing and Goal Setting
- 7:15-7:45 Team Strategizing and Goal Setting Group Practice
- 7:45-8:15 Engagement and Focusing Practice

## Thursday, November 12, 2015 | EVOKING

At the completion of this knowledge-based activity, the participant will be able to:

- Describe the concept of Change Talk and Sustain Talk
- Display listening and responding to Change Talk using the EARS method
- Strategize and demonstrate eliciting Change Talk from Sustain Talk

- 5:30-5:45 Eat and Meet Focusing Concepts Review and Discussion
- 5:45-6:15 Knowledge Assessment and Change Talk and Sustain Talk Introduction
- 6:15-7:15 Listening and Responding to Change Talk Using the EARS Method
- 7:15-7:45 Eliciting Change Talk from Sustain Talk Practice
- 7:45-8:15 Engagement, Focusing and Evoking Practice

## Thursday, December 3, 2015 | PLANNING

At the completion of this knowledge-based activity, the participant will be able to:

- Practice responses to difficulties related to engagement, goal identification and motivation
- Practice MI planning skills
- Address and discuss Pacing and Timing of planning actions
- Practice planning, and observe other planning sessions
- Engage in self rating of skills and receive feedback about their practice

- 5:30-5:45 Eat and Meet Evoking Concepts Review and Discussion
- 5:45-6:15 Knowledge Assessment and Planning Skills Overview
- 6:15-6:45 Practice MI Planning Skills
- 6:45-7:15 Discuss Pacing and Timing of Planning Actions
- 7:15-7:40 Understanding Observation and Self Rating Skills
- 7:40-8:15 Practice Feedback Skills with Groups Engaging, Focusing, Evoking and Planning



## AUDIENCE

Physicians, nurse practitioners, physician assistants, nurses, mental health professionals including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors, and other professionals interested in this subject.

## CREDITS

	August 13:	Subsequent programs:
NAADAC	3.00	2.50
NBCC	3.00	2.50
NCSAPPB SAS	3.00	
Psychologists	3.00	2.50
AMA PRA Category 1 Credits™	3.00	2.50
CNE	3.00	2.50
CEU	0.3	0.3

**NAADAC:** MAHEC is a Provider approved by NAADAC Approved Education Provider Program. Provider #647. Full attendance is required to receive credit from NAADAC.



**NBCC:** Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs.

**NCSAPPB:** Application has been made for "Substance Abuse Specific" credit from the North Carolina Substance Abuse Professional Practice Board. Up to 13.0 hrs.

**Psychologists:** MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance is required to receive credit from the NC Psychology Board.

### Continuing Medical Education

#### Resolution of Conflicts of Interest:

In accordance with the ACCME Standards for Commercial Support of CME, the Mountain Area Health Education Center will implement mechanisms, prior to the planning and implementation of this CME activity, to identify and resolve conflicts of interest for all individuals in a position to control content of this CME activity.

#### Accreditation:

The Mountain Area Health Education Center is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

#### Credit Designation

The Mountain Area Health Education Center designates this live educational activity for a maximum of **13 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

#### Disclosure:

The Mountain Area Health Education Center adheres to ACCME Essential Areas, Standards, and Policies regarding industry support of continuing medical education. Disclosure of the planning committee and faculty's commercial relationships will be made known at the activity.

### Continuing Nursing Education

This continuing nursing education activity was approved by the Mountain Area Health Education Center's Department of Nursing Education, an accredited approver by the American Credentialing Center's Commission on Accreditation.

Participants must attend entire activity to receive credit. No partial credit is given for this activity.

MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

**CEU:** MAHEC designates these continuing education activity as meeting the criteria for CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

#### Have a question?

##### Course Director:

Elaine Scherer, MAEd, BSN, RN-BC 828-257-4419  
elaine.scherer@mahec.net

##### Registration Information:

Registration@mahec.net 828-257-4475

#### Want to register?

Fax Registration: 828-257-4768  
Online Registration: www.mahec.net  
Email Registration: registration@mahec.net  
Mail: MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803

#### Special Services:

828-257-4481



## FACULTY

**Annie Fahy, RN, LCSW**, is a behavior change specialist in the areas of health wellness and letting go of destructive patterns. Since 2004 she has been recognized as a dynamic national trainer, expert and presenter in Motivational Interviewing, Harm Reduction and Reducing Compassion Fatigue. She has recently authored a chapter on addictions in the Praeger Handbook of Community Health and in 2007 composed a feature article for the Journal of Social Work entitled "The Unbearable Fatigue of Compassion: Notes from a Substance Abuse Counselor Who Dreams of Working at Starbuck's." Annie runs writing workshops that support writing as a creative and healing tool for both writers and non-writers. She currently facilitates writing workshops for the homeless and transitionally housed in Asheville.

## PLANNING COMMITTEE

**Elaine Alexander, MSN, RNC-OB**

*CNE Planner  
MAHEC*

**Eric Christian, MAEd, LPC, NCC**

*Integrated Care Coordinator  
CWNC*

**Annie Fahy, RN, LCSW**

*Consultant, Subject Matter Expert, Speaker*

**Elizabeth Flemming, LPC**

*Subject Matter Expert, Mental Health Specialist, CE Planner  
MAHEC*

**Beverley McGee Gidus**

*CME Planner  
MAHEC*

**Elaine Scherer, MAEd, BSN, RN-BC**

*Subject Matter Expert, CNE Planner  
MAHEC*

**Rosalyn Wasserman, PT, DPT**

*CE Planner, Allied Health, Dental Specialist  
MAHEC*

## MEDICAL COURSE DIRECTOR

**John Rowe, MD**

*Medical Director  
MAHEC Family Medicine*

## MORE ABOUT THE PROGRAM

The MI Foundational Skills module will engage participants in the blended learning model. The theoretical basis for MI, Spirit of MI and consistent values for self and practice- Compassion, Autonomy, Evoking and Collaboration will be reviewed. Participants will also learn and practice Basic Skills and Strategies of MI OARS. Subsequent modules provide an overview of the Four Processes and interactive practice sessions to integrate new knowledge.

The Engagement Module offers instruction and practice through scenarios on how to engage, and reengage when necessary. Clinicians will practice OARS strategies and what to do when OARS skills are not yet fluent. The Focusing Module addresses the focusing continuum. Participants will gain knowledge and practice focusing techniques that support goal setting, collaboration and clarity. The Evoking Module focuses on eliciting change talk and the patient's own argument for change. Evoking change talk does not happen without adequate engagement and a clear focus. The Planning Module starts with assessing engagement, identifying a clear focus or goal and building sufficient motivation for change.

### FEE for "A La Carte" Option

\$75 per module

### SERIES

\$295 per person

\$250 per person group rate when five or more from the same agency register and pay at the same time

Fee Waived for MAHEC faculty, staff and residents

### CANCELLATIONS AND PAYMENTS

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.



# Motivational Interviewing for Healthcare Providers • Fall 2015

Updated contact info

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Social Security # **XXX-XX-** \_\_\_\_\_

Occupation \_\_\_\_\_

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

Home Address \_\_\_\_\_ (last 4 digits required)

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

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

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

Work County \_\_\_\_\_

Please remove my name from the MAHEC mailing list.

## REGISTRATION FEE:

### Rapid Cycle Series (*Bring your own dinner*)

- \$295 per person
- \$250 per person group rate when five or more from the same agency register and pay at the same time
- Fee Waived for MAHEC faculty, staff and residents

**I will attend the entire series.**

### Attend one or more sessions at \$75 each:

- August 13 MI Foundational Skills
- September 3 Engagement
- October 1 Focusing
- November 12 Evoking
- December 3 Planning

Fee Waived for MAHEC faculty, staff and residents

## PAYMENT:

Check is enclosed  Credit card info provided

Charge my:  Visa  Mastercard  
 Discover Card  American Express

Account # \_\_\_\_\_

Exp \_\_\_\_/\_\_\_\_ Code on back of card \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Make check payable to **MAHEC** and send to:

MAHEC Registration  
121 Hendersonville Rd.  
Asheville, NC 28803

Fax to: 828-257-4768

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