Motivational Interviewing in Clinical Care: Facilitate Change, Improve Outcomes

AGENDA

Day 1
- Training Introduction
- MI Style, Spirit
- The Processes of MI: Engaging, Focusing, Evoking, and Planning
  - Engaging patients and caregivers
    - Through open questions
    - Through reflections
    - By avoiding traps that disengage
  - Focusing conversations for greater collaboration and commitment
    - Agenda mapping
    - The funnel approach

Day 2
- Evoking patient/caregiver change language
  - Recognizing change talk
  - Using MI skills to evoke change talk
  - Develop discrepancy
  - Increase importance talk
  - Increase confidence talk
  - Incorporate evoking influencers
  - Crafting change talk summaries
- Discuss challenging cases

Day 3
- Assessing readiness for planning
- Planning for change
- Responding to resistance
- Skill integration