

**What Stimulates Change?**  
***Translating Motivational Interviewing Theory into Practice***

Presented by Dana Sturtevant  
Hosted by the Oregon Public Health Association's  
Health Education & Promotion Section

**Date:**

February 21<sup>st</sup>, 2013

Part I 8:00am-noon

\*Check-in and networking begins at 7:30am

Part II 1:00pm-5:00pm

\*Check-in and networking begins at 12:00pm

*Part II is an opportunity to go deeper and is for participants that attend the morning session or for those that attended the September session.*

**Location:**

Portland- State Office Building (PSOB)  
800 NE Oregon  
Portland, Oregon 97232  
Room 1B

**Learning Objectives**

Motivational Interviewing (MI) is an evidence-based clinical counseling method designed for evoking intrinsic motivation for positive behavior change. Originally developed in the drug and alcohol field by William Miller, Ph.D. and Stephen Rollnick, Ph.D., MI is now being widely applied in a variety of settings including health care.

**Objectives and Content Outline for morning (8 to noon):**

At the conclusion of the morning workshop, the participant will be able to:

1. Understand the paradox of change.
2. Describe the spirit and key principles of Motivational Interviewing.
3. Use listening skills to strengthen a patient's commitment to change.

**Agenda:**

1. Introduction
2. View video examples of counseling style
  - a. What were some of the differences between the two clips?

- b. Who did more of the talking in each video? Why is talk time important to consider?
- c. Did the encounter feel more like dancing or wrestling?
- 3. What motivates change?
  - a. Describe the theories and principles of this approach
  - b. Identify motivation-enhancing and resistance-producing behaviors
- 4. The empathic listener
  - a. Difference between listening and hearing
  - b. Why is listening so hard?
- c. Exercise: Practice reflective listening
- d. Exercise: Change talk real play
- 5. Conclusion and next steps

### **Objectives and Content Outline for afternoon (1 to 5 pm):**

At the conclusion of the morning workshop, the participant will be able to:

- 1. Elicit change talk – statements a patient makes in support of change.
- 2. Assess a patient's readiness to change.
- 3. Explore ambivalence about change.
- 4. Provide feedback, information or advice in a motivation-enhancing way.

### **Agenda**

- 1. Review of motivation-enhancing v resistance producing behaviors
- 2. Exploring ambivalence
- 3. Assessing readiness, importance, confidence
- 4. Providing feedback, advice, and education
  - a. The importance of permission
  - b. Explore...offer...explore model
  - c. Practice activity
- 5. Conclusion and next steps

### **Bio:**

Dana Sturtevant is a registered dietitian who has been incorporating Motivational Interviewing into her clinical practice for more than twelve years. She currently has a private practice, Be Nourished, in Portland and works as a trainer, mentor, yoga teacher, and nutrition therapist.

A member of the International Motivational Interviewing Network of trainers since 2002, Dana has facilitated over 200 workshops throughout the United States. Trainings introduce participants to the theory, principles and spirit of Motivational Interviewing, and focus on practical applications in the health care setting.

Dana holds a MS in Nutrition Science from the University of Florida and a BS in Food and Nutrition from Southern Illinois University. For more information about Dana, visit [www.benourished.org](http://www.benourished.org).

**Registration:** Space is limited and participants will be registered on a first-come, first served basis. Visit: <http://www.oregonpublichealth.org/resources> to register for the workshop. (Registration will be available the week of January 28<sup>th</sup>)

**Cost:**

Part I: OPHA Members: \$25

Non-members: \$50

Part II: OPHA Members: \$25

Non-members: \$50

**CHES/MCHES Credits:**

Part I: Four Category 1 contact hours are available  
(no additional cost)

Part II: Four Category 1 or 2 contact hours are available  
(no additional cost)

**Light snacks and refreshments will be provided. Participants may bring their own lunch or can find lunch at one of the many cafes or restaurants within walking distance.**

**For more information contact Alissa Leavitt at [alissa.leavitt@pcc.edu](mailto:alissa.leavitt@pcc.edu) or 971-722-7767**