

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:

March 14th, 2014

Part I 8:00am-noon

*Check-in, light breakfast and networking begins at 7:30am

Part II 1:00pm-5:00pm

*Check-in, lunch 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 have attended Part I at a previous session.

Location:

Kaiser Town Hall

3704 N Interstate Ave.

Portland, Oregon 97227

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
3. What motivates change? Translating theory into practice
4. The empathic listener

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 resistance producing behaviors
2. Exploring ambivalence
3. Assessing readiness, importance, confidence
4. Providing feedback, advice, and education
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 14 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.

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 closes Feb 28th.

Cost:

Part I: OPHA Members: \$20
Non-members: \$40

Part II: OPHA Members: \$20
Non-members: \$40

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 breakfast, lunch and refreshments will be provided.

For more information contact Alissa Leavitt at green.alissa@gmail.com or 971-722-7767