



SURO & EVBH Learning Series

Motivational Interviewing

**April 11, 2024 | 9:00-12:00 PM MST | Colorado Mountain College
Intermediate Audience | FREE- Register Today | No CE's available**

Abstract:

Clients often have reasons to do a health promoting behavior (stop smoking, decrease substance use, take prescribed medication, exercise, make appointments for care, follow a diet). They also have reasons to NOT do this same behavior. Most people who are considering suicide are similarly ambivalent: they want relief from their pain, but they are also reluctant to end their life. Because of these reasons for and against, clients will often resist direct advice to do the health promoting behavior. A health care provider who has tools in addition to giving information or advice will likely see more client improvement.

Motivational interviewing can be such a tool. The health care provider helps the client to develop reasons to change from his or her perspective. This helping style has been compared to dancing rather than wrestling with the client. Not only does the client feel more respected, he or she often creates more connection with the health goal, and the health care provider is freed from shouldering the burden of change. This respects the reality of the answer to the question, "Who has to have the motivation to do the health promoting behavior, the health care provider or the client?"

You have clients. You know the probable benefits the clients would gain if they were to follow your advice. Instead of trying to install your reasons into the client, you can use this seminar to enhance your skills in helping the clients find their personal reasons to connect with the health promoting behavior. A motivational interviewing helping style might help you do what you are already doing in a more helpful way.

Learning Objectives:

At the conclusion of this session, participants should be able to:

- 1) 1. List health promoting behaviors on which you or other health care providers are often focused.
- 2) 2. Identify where in their client consults a guiding style, rather than a directing style, might be useful.
- 3) 3. Describe examples of the spirit of motivational interviewing (collaboration and respecting client autonomy) that they have in their consults or organization.
- 4) 4. Practice using a guiding style in response to client statements.



- 5) 5. Recognize the client's language that might indicate motivation to move toward health.
- 6) 6. Practice responding to clients using a motivational interviewing style.

Description of activities for 3-hour training:

- Why MI might be useful for working with your clients.
- Thinking about the focus of the consultation.
- One way to guide yourself in using your MI helping style.
- How MI fits with other helping styles with which you are familiar.
- Instead of saying your good advice, ask something or say something so the client says your advice.
- Recognizing the client's motivation to engage in the health promoting behavior.
- Asking the client to access more of his or her motivation.

Presenter Bio:

Dr. Robert Rhode is a lecturer in the Andrew Weil Integrative Medicine Center and the Department of Psychiatry at the University of Arizona Medical School. He was in the first (1993) "Training of Trainers for Motivational Interviewing and Brief Interventions" offered by University of New Mexico and facilitated by Dr. William Miller and Dr. Steve Rollnick. He has published in journals and medical textbooks. He did his graduate work at Ohio University and then moved to Tucson for his internship and postdoc at the University of AZ Health Sciences Center.