

AGENDA

Motivational Interviewing: Guiding Patients Towards Positive Change Valerie Hoover, Ph.D.

Note: All times are Pacific Time

9:00 – 9:10: Welcome and introduction

9:10 – 10:30: What MI is (and isn't)
Normalizing ambivalence
The underlying spirit of MI
Communication traps to avoid
The language of change: change talk, sustain talk, and discord talk
OARS: The MI "microskills"

10:30 – 10:40: Morning Break

10:40 – 12:10: OARS: The MI "microskills" (*continued*)

- Open questions
- Affirmations
- Reflections
- Summaries

12:10 – 12:50: Lunch Break

12:50 – 2:20: Applying OARS with the 4 tasks of MI

- Engaging clients
- Focusing the conversation
- Evoking client/patient motivation for change
- Making an effective brief action plan

2:20 – 2:30: Afternoon Break

2:30 – 4:00: Applying OARS with the 4 tasks of MI (*continued*)

- MI approaches for softening patient/client "resistance" (i.e., sustain talk and discord)