

Motivational Interviewing

August 7 & 8, 2024
November 14 & 15, 2024

See Locations Below
Sponsored by:
CentraCare Education & Learning

Target Audience

Any healthcare professional who provides for chronic disease patients, including physicians, nurses, social workers, APPs, etc.

Learning Outcome

Following the program, the participant will be able to:

- Define motivational interviewing
- Apply motivational interviewing skills to recognize and respond to change talk
- Recognize the role of motivational interviewing in addressing ambivalence about change

Motivational Interviewing Registration

August 7 & 8, 2024
November 14 & 15, 2024

Name: _____

Organization: _____

Title: _____

Preferred Address: _____

City: _____ State: _____ Zip: _____

Preferred Phone: _____

Email (Required): _____

Choose Class Date:

- August 7 & 8, 2024/CentraCare Plaza/Windfeldt Room
- November 14 & 15, 2024/South Point/Todd Steinke Auditorium

Check Program Fee:

- CentraCare Employees - \$65
- Others - \$95

Fill in Method of Payment:

- Department # (internal only) _____
- Check enclosed payable to CentraCare
- Credit Card (Visa, MasterCard, Discover)

Card # _____

Exp. Date ____/____/____ V-Code ____ Zip Code ____
(3 digit code on back of card)

Registrations cannot be accepted or processed unless accompanied by appropriate tuition payment. Mail registration and payment to: [CentraCare Education & Learning, 1406 Sixth Avenue North, St. Cloud, MN 56303.](#)

Registration & Cancellation Deadline: One week prior to class date. Cancellation after this date may result in non-refundable registration fees.

Agenda

Day 1

- 7:30 – 8 a.m. Registration
8 – 8:10 a.m. Welcome
8:10 – 9 a.m. What is Motivational Interviewing
Stages of Change
“Spirit of Motivational Interviewing”
Skills Practice
- 9 – 10 a.m. Four Fundamental Processes in Motivational Interviewing
Motivational Interviewing Process One: Engaging OARS
Open vs. Closed Questions
Affirmations
- 10 – 10:15 a.m. Break
10:15 – 12 p.m. Reflections (Simple, Amplified, and Double-Sided)
Summaries/Skills Practice
- 12 – 1 p.m. Lunch on your own
1 – 2:30 p.m. Motivational Interviewing Process Two: Finding a Focus
Agenda Mapping
Practice & Giving Information and Advice
- 2:30 – 2:45 p.m. Break
2:45 – 4:30 p.m. Motivational Interviewing Process Three: Evoking
Change Talk
Recognizing and Eliciting Change Talk
Game and Skills Practice

Day 2

- 7:45 – 8 a.m. Registration
8 – 10 a.m. Refresh of skills learned in day one
Responding to Change Talk
Skills Practice
The Ineffective and Effective Provider
- 10 – 10:15 a.m. Break
10:15 – 12 p.m. Sustain Talk and Discord Responding to Sustain Talk
and Discord/Skills Practice
- 12 – 1 p.m. Lunch on your own
1 – 2:30 p.m. Equipose and Non-directional Use of Motivational Interviewing
Skills Practice
Motivational Interviewing Process Four: Planning
- 2:30 – 2:45 p.m. Break
2:45 – 4:30 p.m. Recapitulation
Key Questions
Change Plan/Eliciting Commitment
Motivational Interviewing in Three Minutes
Calling the CAT
Final Thoughts
Evaluations

Contact Hour Information

This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 13.8 contact hours.

St. Cloud Hospital has been approved as a provider by the State of Minnesota Board of Social Work - CE Provider Approval #CEP-77.

It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by their licensing organization. To earn contact hours, participant must attend all sessions and complete an online evaluation form.

Faculty

- Scott Palmer, PhD, LP, Child & Adolescent Psychology, Child & Adolescent Behavioral Health Services, CentraCare St. Cloud Hospital
- Danae Lund PhD, LP, Child & Adolescent Psychology, Child & Adolescent Behavioral Health Services, CentraCare St. Cloud Hospital