



Motivational Interviewing Training

Speaker: Jonnae Tillman

Program Schedule

7:00 am Registration

7:30 am Welcome and Overview

7:35 am Why Don't Patients Just Do What we Say?

- Motivational Interviewing: What is it? Why would I use it? How does it work?
- Live Demonstration

8:35 am It's Not About Being Nice

- Measurable and observable skills of motivational interviewing

9:20 am Break and Exhibitors

9:45 am Change Talk: The Intersection of Science and Art

- Eliciting the patient's desire, ability and reasons for being healthy
- Identifying, eliciting and responding to change talk

11:15 am Lunch (provided) and Exhibitors

- *Lunch & Learn Research Presentation by Dr. Matthew Stanley, DO & Team on SBIRT and ECHO Model Using Motivational Interviewing*

12:15 pm Giving Information and Recommendations without Triggering Resistance

- Strategies for educating and providing meaningful advice

12:45 pm Strengthening Patient Confidence: Praise vs. Affirmation

1:15 pm How Motivational Interviewing Can Change Your Healthcare Setting

- Comparison of a clinic with and without motivational interviewing

1:45 pm Break and Exhibitors

2:00 pm Putting Motivational Interviewing Skills into Practice

- Listen, watch, write and do

3:00 pm Ask, Resist, Affirm, Consider

3:30 pm Evaluation and Adjourn