Motivational Interviewing to Facilitate Behavior Change

November 15, 2014
Siebens Building, Room 4-02
Rochester, Minnesota

Course Director:
Brad King, PT, DScPT

REGISTER ONLINE NOW!
http://www.mayoclinic.org/physicalmedicine-rst/education.html

If you already received a copy of this brochure, please give this brochure to an interested colleague.

REGISTRATION
Please register by October 12, 2014.
We now have online registration at the below website:
http://pmr.education-registration.com/register/listing/574

You will need to:
1. Find the appropriate course.
2. Create a profile.
3. Complete the registration form.

If questions please contact:
PM&R Therapy Services
Mayo Clinic (Mayo 14)
200 First Street SW
Rochester, MN 55905
Telephone: (507) 293-1541

Tuition:
PT, PTA, OT, OTA: $150.00
AOTA Member: $135.00
Social Worker: $150.00
Nursing: $150.00

Please access conference schedule and details at:
http://pmr.education-registration.com/register/listing/574

PROGRAM

8:30-9:00
Registration (Beverages Provided)

9:00 – 10:15
“Spirit of MI” – Collaboration, Acceptance, Compassion, Evocation
Overview of the Process of MI – Engaging, Focusing, Evoking, Planning

10:15 – 10:30
Break (On Your Own)

10:30 – 12:00
Factors of Motivation – Importance & Confidence
Responding to Resistance
Introduction to Change Talk

12:00 – 12:30
Lunch (Provided)

12:30 – 2:15
Change Talk (continued)
Practice Scaling
Practice Communication Methods (OARS)

2:15 – 2:30
Break (On your Own)

2:30 – 3:30
Information Exchange
Planning utilizing SMART Goals

Wrap-Up, Q&A
COURSE DESCRIPTION
Motivational Interviewing (MI) is a method of communication that has been shown to be effective when assisting people to overcome the ambivalence that oftentimes hinders them from making desired behavioral changes in their lives. In this presentation, effective motivational strategies that healthcare professionals can use when promoting health behavior changes will be discussed.

COURSE LEARNING OBJECTIVES
Upon conclusion of this program, participants should be able to:

1. List the elements that underlie the spirit of motivational interviewing
2. Discuss the factors of motivation and the rationale for assessing motivation prior to giving advice, treatment or education
3. Practice the skills to recognize, elicit and respond to “change talk”
4. Demonstrate and practice the interpersonal style and strategies for
   • engaging the patient
   • responding to “sustain talk” and discord
   • exploring importance of change
   • assessing and enhancing self-efficacy

Attendance at this Mayo course does not indicate nor guarantee competence or licensure credits.

REGISTRATION
To register, please visit http://pmr.education-registration.com/register/listing/574. The registration fee includes tuition, a course syllabus, morning beverages, lunch. Although it is not Physical Medicine and Rehabilitation Therapy Services policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. An email confirmation will be sent upon completion of the registration form.

CANCELLATION POLICY
If you cancel your participation in this course, your registration fee, less a 25% administrative fee, will be refunded when written notification is received by Physical Medicine and Rehabilitation Education Committee up to 14 days prior to the course. No refunds will be made after that date. The Physical Medicine and Rehabilitation Education Committee reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event a course must cancel or be postponed, the Mayo Clinic – Physical Medicine and Rehabilitation Education Committee will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

LODGING ACCOMMODATIONS
Limited guest rooms have been reserved for attendees and their guests with a special course rate of $129.00 plus tax per night for single or double occupancy standard rooms at the DoubleTree by Hilton Hotel.

CREDIT
Sponsored by the Program in Physical Therapy, College of Medicine, Mayo Clinic. This course meets the criteria for 5.5 category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

INTENDED AUDIENCE
Physical Therapists
Occupational Therapists
Physical Therapist Assistants
Occupational Therapy Assistants
Nursing
Social Workers

FACULTY
Jennifer Packard, MA, TTS

Jennifer has been a counselor at the Nicotine Dependence Center at Mayo Clinic since 2004. She received her Master’s degree in Counseling and Psychological Services from St. Mary’s University of Minnesota, and completed work towards her doctorate at Walden University. She is a member of the Motivational Interviewing Network of Trainers (MINT) and a Certified Wellness Coach. Jennifer also draws from cognitive behavioral theory both as a Wellness Coach and as a Certified Tobacco Treatment Specialist. She serves as a lecturer for the Nicotine Dependence Center Education Program, providing instruction for the Mayo Clinic Wellness Coach Training Program and facilitating the Tobacco Treatment Specialist Certification Training.

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