

Workshop overviews

ONE-DAY WORKSHOP

Summary

Motivational Interviewing (MI) is a “collaborative conversation style for strengthening a person’s own motivation and commitment to change” (Miller and Rollnick, 2009). MI has a robust evidence base across a range of health behaviours, including respiratory health care. This workshop addresses the foundation skills and underlying philosophy of MI using case-based learning, hands-on practice and take-away resources.

Learning objectives

At the end of this workshop you will be able to:

- define MI and its relevance to respiratory health care and health behaviour change
- operationalize the “spirit” of MI in conversations with clients
- review and practice foundation skills in MI
- listen for and respond to client change talk
- apply agenda-mapping as a strategy for working with clients with complex, co-occurring issues
- recognize and integrate MI spirit and skills in practise
- set objectives and access resources for continuing professional development in MI skills.

Workshop agenda

Suggested time	Topic/activity
9:00–9:15 (15 mins)	Welcome and Introductions Acknowledgements Disclosures
9:15–9:30 (15 mins)	Learning objectives and workshop overview

Motivational Interviewing in Respiratory Health Care

Suggested time	Topic/activity
9:30–9:50 (20 mins)	Learning objective #1: Define MI and its relevance to respiratory health care and health behaviour change What is MI? Evidence base for MI
9:50–10:30 (40 mins)	Learning objective #2: Operationalize the “spirit” of MI in conversations with clients The “spirit” of Motivational Interviewing
10:30–10:45 (15 mins)	BREAK
10:45–12:00 (75 mins)	Learning objective #3: Review and practise foundation skills in MI Foundation skills: OARS Open questions Affirmations Reflective listening Summary statements
12:00–1:00	LUNCH
1:00–1:40 (40 mins)	Learning objective #4: Listen for and respond to client change talk Recognizing and responding to change talk
1:40–2:15 (35 mins)	Learning Objective #5: Apply agenda-mapping as a strategy for working with clients with complex, co-occurring issues Agenda-mapping
2:15–2:30 (15 mins)	BREAK

Suggested time	Topic/activity
2:30–3:45 (75 mins)	Learning objective #6: Recognize and integrate MI spirit and skills in practice Pulling it all together
3:45–4:00	Learning objective #7: Set objectives and access resources for continuing professional development in MI skills Continuing professional development in Motivational Interviewing

HALF-DAY WORKSHOP

Summary

Motivational Interviewing (MI) is a “collaborative conversation style for strengthening a person’s own motivation and commitment to change” (Miller and Rollnick, 2013). MI has a robust evidence base across a range of health behaviours, including respiratory health care. This workshop addresses the foundation skills and underlying philosophy of MI using case-based learning, hands-on practice and take-away resources.

Learning objectives

At the end of this workshop you will be able to:

- define MI and its relevance to respiratory health care and health behaviour change
- operationalize the “spirit” of MI in conversations with clients
- review and practise foundation skills in MI
- set objectives and access resources for continuing professional development in MI skills.

Workshop agenda

Time	Topic/activity
9:00–9:15 (15 mins)	Welcome and Introductions Acknowledgements Disclosures Learning objectives and workshop overview

Motivational Interviewing in Respiratory Health Care

Time	Topic/activity
9:15–9:35 (20 mins)	<p>Learning Objective #1:</p> <p>Define MI and its relevance to respiratory health care and health behaviour change</p> <p>What is MI? Evidence base for MI</p>
9:35–10:15 (40 mins)	<p>Learning Objective #2:</p> <p>Operationalize the “spirit” of MI in conversations with clients</p> <p>The “spirit” of Motivational Interviewing</p>
10:15–10:30 (15 mins)	BREAK
10:30–11:45 (75 mins)	<p>Learning Objective #3:</p> <p>Review and practise foundation skills in MI</p> <p>Foundation skills: OARS</p> <p>Open questions Affirmations Reflective listening Summary statements</p>
11:45–12:00 (75 mins)	<p>Learning Objective #4:</p> <p>Set objectives and access resources for continuing professional development in MI skills</p> <p>Continuing professional development in Motivational Interviewing</p>

ONE-HOUR WORKSHOP

Summary

Motivational Interviewing (MI) is a “collaborative conversation style for strengthening a person’s own motivation and commitment to change” (Miller and Rollnick, 2013). MI has a robust evidence base across a range of health behaviours, including respiratory health care. This workshop addresses the philosophy of MI in an experiential way, and includes take-away resources.

Learning objectives

At the end of this workshop you will be able to:

- define MI and its relevance to respiratory health care and health behaviour change
- operationalize the “spirit” of MI in conversations with clients
- set objectives and access resources for continuing professional development in MI skills.

Workshop agenda

Time	Topic/activity
9:00–9:05 (5 mins)	Welcome and Introductions Learning objectives and workshop overview
9:05–9:15 (10 mins)	Learning Objective #1: Define MI and its relevance to respiratory health care and health behaviour change What is MI? Evidence base for MI
9:15 – 9:55 (40 mins)	Learning Objective #2: Operationalize the “spirit” of MI in conversations with clients The “spirit” of Motivational Interviewing
9:55 – 10:00 (5 mins)	Learning Objective #4: Set objectives and access resources for continuing professional development in MI skills Continuing professional development in Motivational Interviewing