





Motivational Interviewing in Respiratory Health Care: A Knowledge Translation (KT) Initiative

Learning Objectives (one day)

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.

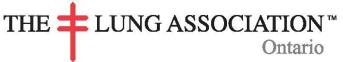
Learning Objectives

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

- 1. Define Motivational Interviewing (MI) and its relevance to respiratory health care and health behaviour change
- 2. Operationalize the "spirit" of motivational interviewing in conversations with clients
- 3. Review and practice foundation skills in MI
- 4. Listen for and respond to client change talk
- 5. Apply agenda-mapping as a strategy for working with clients with complex, co-occurring issues
- 6. Recognize and integrate MI spirit and skills in practice
- 7. Set objectives and access resources for continuing professional development in MI skills.





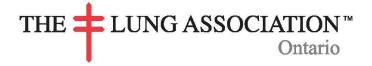


Workshop Agenda (one day)

Time	Topic/Activity
9:00 – 9:15	Welcome and Introductions
(15 mins)	Acknowledgements
	Disclosures
9:15 - 9:30	Learning Objectives and Workshop Overview
(15 mins)	
9:30 - 9:50	Learning Objective #1:
(20 mins)	Define Motivational Interviewing (MI) and its relevance to
,	respiratory health care and health behaviour change
	What is MI?
	Evidence base for MI
9:50 - 10:30	Learning Objective #2:
(40 mins)	Operationalize the "spirit" of motivational interviewing in
	conversations with clients
	The "Spirit" of Motivational Interviewing
10:30 - 10:45	BREAK
(15 mins)	
10:45 – 12:00	Learning Objective #3:
(75 mins)	Review and practice foundation skills in MI
	Foundation Skills: OARS
	Open questions
	Affirmations
	Reflective Listening
	Summary statements
12:00 – 1:00	LUNCH
1:00 – 1:40	Learning Objective #4:
(40 mins)	Listen for and respond to client change talk
	Recognizing and Responding to Change Talk
1:40 – 2:15	Learning Objective #5:
(35 mins)	Apply agenda-mapping as a strategy for working with clients
	with complex, co-occurring issues
0.45	Agenda-mapping
2:15 – 2:30	BREAK
(15 mins)	La amilia de Obia a Gran HO
2:30 – 3:45	Learning Objective #6:
(75 mins)	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







Motivational Interviewing in Respiratory Health Care: A Knowledge Translation (KT) Initiative Learning Objectives and Workshop Agenda (half day)

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

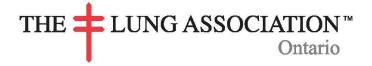
At the end of this workshop you will be able to:

- 1. Define Motivational Interviewing (MI) and its relevance to respiratory health care and health behaviour change
- 2. Operationalize the "spirit" of motivational interviewing in conversations with clients
- 3. Review and practice foundation skills in MI
- 4. Set objectives and access resources for continuing professional development in MI skills.

Time	Topic/Activity
9:00 - 9:15	Welcome and Introductions
(15 mins)	Acknowledgements
	Disclosures
	Learning Objectives and Workshop Overview
9:15 - 9:35	Learning Objective #1:
(20 mins)	Define Motivational Interviewing (MI) and its relevance to respiratory health
	care and health behaviour change
	What is MI?
	Evidence base for MI
9:35 – 10:15	Learning Objective #2:
(40 mins)	Operationalize the "spirit" of motivational interviewing in conversations with
	clients
	The "Spirit" of Motivational Interviewing
10:15 – 10:30	BREAK
(15 mins)	
10:30 - 11:45	Learning Objective #3:
(75 mins)	Review and practice foundation skills in MI
	Foundation Skills: OARS
	Open questions
	Affirmations
	Reflective Listening
	Summary statements
11:45 – 12:00	Learning Objective #4:
	Set objectives and access resources for continuing professional development
	in MI skills
	Continuing Professional Development in Motivational Interviewing







Motivational Interviewing in Respiratory Health Care: A Knowledge Translation (KT) Initiative

Trainers' Toolkit: Lesson Plan (one hour workshop)

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:

- 1. Define Motivational Interviewing (MI) and its relevance to respiratory health care and health behaviour change
- 2. Operationalize the "spirit" of motivational interviewing in conversations with clients
- 3. Set objectives and access resources for continuing professional development in MI skills.

Time	Topic/Activity
9:00 - 9:05	Welcome and Introductions
(5 mins)	Learning Objectives and Workshop Overview
9:05 – 9:15	Learning Objective #1:
(10 mins)	Define Motivational Interviewing (MI) and its relevance to respiratory health care
,	and health behaviour change
	What is MI?
	Evidence base for MI
9:15 - 9:55	Learning Objective #2:
(40 mins)	Operationalize the "spirit" of motivational interviewing in conversations with clients
	The "Spirit" of Motivational Interviewing
9:55 - 10:00	Learning Objective #3:
(5 mins)	Set objectives and access resources for continuing professional development in MI
	skills
	Continuing Professional Development in Motivational Interviewing