

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 (15 mins)	Welcome and Introductions Acknowledgements Disclosures
9:15 – 9:30 (15 mins)	Learning Objectives and Workshop Overview
9:30 – 9:50 (20 mins)	<i>Learning Objective #1:</i> <i>Define Motivational Interviewing (MI) and its relevance to respiratory health care and health behaviour change</i> What is MI? Evidence base for MI
9:50 – 10:30 (40 mins)	<i>Learning Objective #2:</i> <i>Operationalize the “spirit” of motivational interviewing in conversations with clients</i> The “Spirit” of Motivational Interviewing
10:30 – 10:45 (15 mins)	BREAK
10:45 – 12:00 (75 mins)	<i>Learning Objective #3:</i> <i>Review and practice foundation skills in MI</i> Foundation Skills: OARS Open questions Affirmations Reflective Listening Summary statements
12:00 – 1:00	LUNCH
1:00 – 1:40 (40 mins)	<i>Learning Objective #4:</i> <i>Listen for and respond to client change talk</i> Recognizing and Responding to Change Talk
1:40 – 2:15 (35 mins)	<i>Learning Objective #5:</i> <i>Apply agenda-mapping as a strategy for working with clients with complex, co-occurring issues</i> Agenda-mapping
2:15 – 2:30 (15 mins)	BREAK
2:30 – 3:45 (75 mins)	<i>Learning Objective #6:</i> <i>Recognize and integrate MI spirit and skills in practice</i> Pulling It All Together
3:45 – 4:00	<i>Learning Objective #7:</i> <i>Set objectives and access resources for continuing professional development in MI skills</i> Continuing Professional Development in Motivational Interviewing

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Learning Objectives and Workshop Agenda (half day)

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

**Motivational Interviewing in Respiratory Health Care:
A Knowledge Translation (KT) Initiative
Trainers’ Toolkit: Lesson Plan
(one hour workshop)**

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3. Set objectives and access resources for continuing professional development in MI skills.

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