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| **RU_LOGOTYPE_100K_S** | **Educational Planning Table Form** |

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| **Title of Activity:** | *On Second Thought*: Vertical Ambivalence and the Unconscious in Motivational Interviewing |
| **First Date of Activity:**  | 15 June 2022 |
| **Gap to be addressed by this activity:** | [x]  **Knowledge** [x]  **Skills** [x]  **Practice** [ ]  **Other:**        |
| **Total Minutes of Program:** | 30 |
| **Total Hours of Training Time** **(Indicate Session or Day)** | Individual papers session 1 (11:30 AM – 1:00 PM) |
| **Purpose of Training** | Help clinicians work effectively with people who exhibit vertical (unconscious) ambivalence (i.e., facilitate resolution of ambivalence and commitment to health behavior change). |

| **OBJECTIVES** |  **CONTENT** **(Topics)** | **TIME FRAME** | **PRESENTER** | **TEACHING METHODS** |
| --- | --- | --- | --- | --- |
| List learner’s objectives in behavioral terms. | Provide an outline of the content for each objective. *It must be more than a restatement of the objective*. | State the time frame for each objective | List the Faculty for each objective. | Describe the teaching methods, strategies, materials & resources for each objective. |
| 1. **Recognize vertical ambivalence**
 | Description and illustration of how vertical ambivalence differs from horizontal ambivalence | 15 minutes | Allan Zuckoff, PhD | Lecture, demonstration |
| 1. **Respond to vertical ambivalence so as to facilitate resolution**
 | Identification of MI strategies that can be used to facilitate resolution of vertical ambivalence | 15 minutes | Allan Zuckoff, PhD | Lecture, demonstration |
| Attach the evidence-based references used for developing this educational activity.  |

April 22, 2022

Allan Zuckoff, PhD

**Completed By: Name and Credentials Date**

**References**

Baek, Y. M. (2010). An integrative model of ambivalence. *The Social Science Journal, 47,* 609-629.

Magill, M., Bernstein, M. H., Hoadley, A., Borsari, B., Apodaca, T. T., Gaume, J., & Tonigan, J. S. (2019). *Do what you say and say what you are going to do:* A preliminary meta-analysis of client change and sustain talk subtypes in motivational interviewing. *Psychotherapy Research,*

Miller, W. R. (2022). *On Second Thought: How Ambivalence Shapes Your Life.* The Guilford Press.

Wilson, T. D., Lindsey, S., & Schooler, T. Y. (2000). A model of dual attitudes. *Psychological Review*, *107*, 101–126.