

The Conversation Is the Medicine: MI series for updates and boosters to improve skills and practice

DESCRIPTION

Motivational Interviewing (MI) is a collaborative and empowering approach effective with complex behavior change and illness management through the use of client/patient centered skills and directive strategies. MI can be used with brief encounters and is shown to be more effective than traditional advice giving. This series is geared for all helping providers to integrate and become proficient in motivational interviewing principals and practice. The complete MI series includes an overview session followed by five modules addressing health and behavioral related topics and concerns including: brief applications of MI in medical, dental and also in health prevention and improvements, healthy habits, managing behavioral health like anxiety and trauma, cultural sensitivity, chronic disease, smoking cessation and overall links to health to physical wellness and self-care. Sessions are 3 hours long with a break and should be seen as a beginning or a jumpstart to ongoing skill development. Participants may elect to attend 1 session or 4 in a row or over several months.

WHEN:(Fridays 1PM-4PM EST)

Session One: MOTIVATIONAL INTERVIEWING: Overview of Foundational Concepts & Skills & MOTIVATIONAL INTERVIEWING: Engaging Patients with MI Spirit & Skills

At the completion of this knowledge-based activity, the participant will be able to:

- Identify the theoretical basis for MI
- Identify Core Skills of MI Spirit & OARS
- Identify The Four Processes of MI
- Practice & Demonstrate ways to engage difficult client
- Identify applications of MI principles & Skills in a variety of settings

Session TWO :MOTIVATIONAL INTERVIEWING: Focusing: Priorities and Agenda setting using MI & EARLY SKILLS Practice and Decision Rules of MI

At the completion of this knowledge-based activity, the participant will be able to:

- Identify Opportunities for priority and agenda setting in health and behaviors health situations
- Demonstrate ways to use setting agendas, single topic and discussion as tools for developing collaboration and clarity
- Identify team strategies to address focusing and goal setting
- Understand practice and develop a plan for early skills practice or MI

Session Four: MOTIVATIONAL INTERVIEWING: Evocation The conversation is the medicine Creating different conversations around targets for change

At the completion of this knowledge-based activity, the participant will be able to:

- Identify Opportunities for evoking conversations within dental time frames
- Identify the four languages of MI strategies Discord, Ambivalence, sustain talk and change talk

- Strategize brief evocation conversations with change targets.
- Understand and practice decision rules of MI and responding to client language

Session Five: MOTIVATIONAL INTERVIEWING: Making The Plan

At the completion of this knowledge-based activity, the participant will be able to:

- Identify Best practices for MI planning
- Development of appropriate plans using Brief action planning (BAP) and SBIRT (screening brief interventions referral and treatment) concepts as applicable and follow-ups
- How to tailor a plan to situation and client

Audience:

Health and Behavioral Health Workers who want to get good at MI

Trainers:

Annie Fahy RN , LCSW

Annie is a behavior change specialist in the areas of health wellness and letting go of destructive patterns. Since 2004 she has been recognized as a dynamic national trainer, and presenter in motivational interviewing, harm-reduction, reducing compassion-fatigue. Currently, she is a consultant and trainer facilitating organizational change through adaptation of Motivational Interviewing and other client centered evidenced based practice.

She brings her clinical skill working with the most difficult people into training and consultation work across health and behavioral health settings. She has collaborated with UNC School of Dentistry and Emory School of Medicine among other programs designing MI programs for special providers who wish to adapt MI for their settings. Annie is affiliated with the Motivational Interviewing Network of Trainers (MINT), the Harm Reduction Therapy Center in San Francisco (HRTC) and the Amherst Writers and Artists Association (AWA). Her trainings are multimodal and experiential and she consistently gets high ratings from participants.

Annie offers consultation and leadership development to organizations and teams that want to blend evidence based practices with management and staff retention goals.

She has authored two chapters in the The Praeger Handbook of Community Health (ABC-CLIO LLC): "We are all addictions counselors now" (2007), and "Invisible and Overlooked: Substance use disorders and aging populations" (2017). She composed a feature article for The Journal of Social Work: The Unbearable Fatigue of Compassion: Notes from a Substance Abuse Counselor Who

Dreams of Working at Starbuck's. Annie has published her first book of poems *The Glass Train*, (2017) from Amherst Writers and Artist Press. She often publishes her art, poems and essays on Medium and is working on another book. Annie often runs writing workshops using Pat Schneider Amherst Method. These experiences support writing as a creative and healing tool for both writers and non writers.