

Title of Workshop: The role of MI in serious mental illness: Practical challenges and strategies in clinical work and training.

Brief Description of workshop: This workshop will explore potential benefits and challenges of using an MI-consistent approach with patients with serious mental illness (SMI) and in training clinicians to do so, as well as strategies to address these challenges, and their underlying rationale. We envision participants playing a very active role, working through a variety of common clinical scenarios (e.g., involving issues of treatment adherence, self-injurious or suicidal behaviors, co-occurring physical health problems, etc.) in the context of different kinds of severe psychopathology (e.g., disorganized thinking, paranoia, mood lability and intensity, etc.). The session will include some research and discussion of the cognitive difficulties people with psychosis may have, and how various MI elements (relational foundation, techniques/microskills, linguistics/strategic direction, phases, structured therapeutic tasks) may require adaptations or differ in such cases. The session will also include discussion on mental health recovery and of how MI may provide a practical foundation for enhancing recovery-oriented, person-centered care in this population.

Learning outcomes: Participants will:

- Review common clinical scenarios illustrating specific challenges frequently faced by clinicians working with patients with SMI and apply strategies to overcome these challenges
- Describe the rationale for potential adaptations/modifications of MI when working with patients with severe psychopathology (including psychosis)
- Discuss the concept of mental health recovery and identify areas of resonance with motivational interviewing
- Practice methods to improve their capacity to train clinicians in MI who work with patients with serious mental illness

Duration of workshop: One full day

Presenters: All five presenters/facilitators in this workshop are psychiatrists who have extensive and varied experiences working with those with serious mental illness

- Michael Flaum is a psychiatrist at the University of Iowa and current president of the American Association of Community Psychiatrists. His population of interest throughout his career has been on adults with psychotic disorders, and his focus over the past decade or so has been on using MI as a default communication style in an effort to promote recovery-oriented care for individuals with serious mental illness.

- Florence Chanut is an addiction psychiatrist at the Université de Montréal and medical director of a Severe Personality Disorders and Addiction Program. She has been training MI to mental health workers, addiction therapists and physicians for the past 13 years. Group and individual MI are at the core of her clinical practice with a variety of patients.
- Brian Hurley is an addiction psychiatrist at the University of California, Los Angeles. He is the medical director of substance use related care integration for the Los Angeles County Health Agency. MI has been foundational in his clinical practice and he has been teaching MI in a variety of settings over the past decade.
- Georgi Vasilev is an addiction psychiatrist and Director of Bulgarian Addictions Institute – Sofia, Bulgaria. He is MINTie from Tarragona, Spain – 1999 and he is applying MI as a basis for his clinical work with addiction and other patients. During the years he is providing MI training and supervision in different settings and for various professional groups in his country.
- Guy Undrill is a consultant Psychiatrist from the UK working in acute psychiatry (in-patients and a Crisis Intervention and Home Treatment team) for 2gether NHS Foundation Trust. He is also an Honorary Clinical Lecturer at the University of Bristol, SW Division representative for the Education and Training Committee at the Royal College of Psychiatrists, and picture editor for The Psychiatric Bulletin. He was the Royal College of Psychiatrists 'Trainer of the year' in 2013.