Motivational Interviewing for Providers

Instructor: Denise N. Lash, PhD
Target Audience: Physicians and Advanced Practice Providers
LDSH Education Center Classrooms D, E & F | 8th Avenue and C Street, Salt Lake City, Utah, 84111
Monday, 3/9/2020 – 8:00am - 4:00 pm
Tuesday 3/10/2020 – 8:00 am to 12:15 pm

Day 1 - Monday March 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00-8:10 am</td>
<td>Welcome &amp; Introductions</td>
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| 8:10-9:55 am  | 3 In a Row Exercise
Introduction to Motivational Interviewing (MI)                          |
| 9:55-10:10 am | Break
The Beginnings of MI
A Taste of MI Exercise
MI Video and Live Demonstrations                                         |
| 10:10-11:55 am| Lunch
The OARS
Motivational Interviewing and Assumptions within Medical Model
The Role of Ambivalence in the Change Process                             |
| 11:55-12:30 am| Break
OARS
Reflective Listening Demonstration
Reflective Listening Exercise
Rowing with the OARS Exercise                                             |
| 2:15-2:30 pm  | OARS
Background on Change Talk
Change Talk Strategies
Change Talk Exercise                                                       |
| 2:30-4:00 pm  | Break
Sustain Talk
Sustain Talk Exercise
Providing Information in an MI Consistent Way                             |

Tuesday, March 11

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<th>Time</th>
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| 8:00-10:00 am | Background on Change Talk
Change Talk Strategies
Change Talk Exercise                                                     |
| 10:00-10:15 am| Break                                                                     |
| 10:15-12:15 pm| Sustain Talk
Sustain Talk Exercise
Providing Information in an MI Consistent Way                             |

Course Director: Travis S. Mickelson, MD
Tonya A. Schaffer, RN, MBA

Objectives:
1. Support providers to practice and engage components of Motivational Interviewing
2. Participants will be able to identify sustain talk and change talk and execute techniques to support patients desired change.

To register for the conference, please visit www.IntermountainIPCE.org.

For assistance, please call 801-442-3930 or 800-910-7262, or email ipce@imail.org

Please refrain from bringing infants or children. The conference is not responsible for lost or stolen items. Please share with your colleagues.

Accreditation:
Intermountain Healthcare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians

AMA PRA Credit
Intermountain Healthcare designates this live educational activity for 11.0**AMA PRA Category 1 Credits(s). Physicians should only claim credit commensurate with the extent of their participation in the activity. **Credit hours are subject to change and are based on actual learning hours and at the discretion of IPCE.