

Basic Motivational Interviewing: Working with the Chronic Patient

Date: Monday, June 16, 2008

Time: 9:00am – 4:00pm

Location: Good Beginnings of Sullivan County,
169 Main St., Claremont, NH

Registration: Contact Malone Steele (603) 895-1514 ext. 3 or
msteele@snhahec.org or to register online
www.snhahec.org/calendar



Program Goal:

The goal of the program is to identify evidence based strategies for the health care provider to use in encouraging their patients to go through the process of change with regards to specific chronic health care problems (e.g. chronic illness, smoking, drug and alcohol use).

Objectives

During this one-day workshop, participants will:

- Identify the dynamics of working with resistance.
- Define the fundamentals of Motivational Interviewing.
- Identify ways of integrating Motivational Interviewing theory into current practice.
- Apply Motivational Interviewing techniques with “challenging” patients/clients through role-playing & discussion.
- Identify the strategies to use on different chronic health issues (e.g. chronic illness, smoking, drug and alcohol use).
- Identify direct approaches to use within the context of creating an atmosphere of change.
- Describe a mindful observing “eye” to notice, sense resistance.

Target Audience

Physicians, nurse practitioners, physician assistants, nurses, psychotherapists, educators, substance abuse counselors, social workers, home visitors, smoking cessation counselors, and any other provider of health or social services to children or adults.

Faculty

Stephen R. Andrews, LCSW, LADC, trains and consults nationally and maintains a recovery-focused private practice in Portland, Maine. He has over 26 years experience in working with a variety of young people, family, men, and couples groups. He also provides coaching and support to addiction caregivers, and consults to several local agencies. He is a member of the Motivational Interviewing International Network of Trainers (MINT.)

Continuing Education Information

Nurses: The Southern New Hampshire Area Health Education Center is approved as a provider of continuing education in nursing by the New Hampshire Nurses’ Association Commission on Continuing Education which is accredited as an approver of Continuing Nursing Education by the American Nurses Credentialing Center’s Commission on Accreditation. This continuing education activity has been approved for 5.50 contact hours.

Physicians: The Southern New Hampshire Area Health Education Center (AHEC) is accredited by the New Hampshire Medical Society (NHMS) to provide continuing medical education for physicians. The AHEC designates this educational activity for up to 5.50 hour(s) per session in Category 1 credit towards the AMA Physician’s Recognition Award.

Social Workers: This program has been approved for 5.50 Category I Continuing Education hours for licensure. NASW Authorization Number 0938.

For other professionals 5.50 professional hours of continuing education. Certificates of attendance will be available to all workshop participants. Continuing Education is provided by the Southern New Hampshire Area Health Education Center.

Co-Sponsors:

**Communities United for Substance Abuse Prevention
Good Beginnings of Sullivan County**

