

## **A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change E-Learning On-line Course**

### **Overview**

This course takes the learner on a tour of the essential skills used to strengthen an individual's motivation for behavior change. Descriptions, demonstrations, and learning activities provide an introduction to MI. This course is not meant to prepare the learner to deliver this evidence-based practice with fidelity. Learning MI is a developmental process that requires a longer-term investment of time and effort. This includes repeated opportunities to practice learned skills, to receive feedback on performance from experienced MI practitioners, and to integrate this feedback into practice.

### **Objectives**

- Define the “Spirit of Motivational Interviewing” and examine its evidence-base.
- Describe the importance of engagement with the patient through use of core interviewing skills also referred to as OARS (open-ended questions, affirmations, reflections, summaries).
- Examine the ongoing process of seeking and maintaining a clear focus and strategic direction.
- Differentiate specific aspects of patient language that evoke and strengthen motivation and commitment for behavior change.
- Identify the components of planning for behavior change.
- Appraise interest in obtaining more advanced MI training and skill formation.

### **Conflict of Interest**

In accordance with continuing education guidelines, speakers and planning committee members have disclosed financial relationships with commercial interests that may create a potential conflict of interest. Martha Lofgreen, APRN, WHNP-BC, Delwyn Catley, PhD, Ile Haggins, MSW, Patricia Stilen, MSW, Edna Talboy, PhD, Denna Vandersloot, M.Ed., MA-R, Angela Bolen, and Viannella Halsall, MPH, have nothing to disclose. Jacki Witt, JD, MSN, WHNP-BC, SANE-A, FAANP – Advisory Board for Afaxys. (Resolved).

### **Successful Completion**

To receive contact hours, participants must complete the course with a satisfactory grade of 80% or higher on all module quizzes. NAADAC Certificates and non-CE Certificates of Completion are available immediately for electronic download upon satisfactory completion of the course. CHES Certificates will be emailed approximately 4 – 6 weeks after satisfactory completion of the course.

### **NAADAC**

This course has been approved by the Addiction Technology Transfer Center (ATTC) Network Coordinating Office, as a NAADAC Approved Education Provider, for 4.0 CE(s). NAADAC Provider #64973, UMKC School of Nursing and Health Studies, is responsible for all aspects of its programming.”

### **Certified and Master Certified Health Education Specialists (CHES & MCHES):**

Sponsored by the University of Missouri-Kansas City School of Nursing and Health Studies, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This course is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 4.0 total Category I continuing education contact hours.

### **Commercial Support**

There is no commercial support for this program.

**Enduring Materials** – Contact hours will be awarded for this program through December 31, 2024.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.