

Healthcare Behavior Change & Motivational Interview

- I.** The Case for Healthcare Behavior Change & Motivational Interviewing
 - A. Managing an illness or unhealthy habit requires behavior modification
 - B. Telling or teaching does not equate to changing behavior
 - C. Individual readiness equates to change
 - D. Resistance used for motivation
 - E. Building confidence leads to success
 - F. Self-motivation leads to better adherence
- II.** Traditional biomedical model of counseling
- III.** Compare/contrast with behavioral model
- IV.** Video examples of both biomedical and behavioral
- V.** Discussion of each video example
- VI.** Definition of Health Behavior Change and Motivational Interviewing
- VII.** Discussion of resistance and how to use it during counseling
- VIII.** Stages of change mode
 - A. Pre-contemplation stage
 - 1. Characteristics
 - 2. Strategies
 - 3. Examples
 - B. Contemplation stage
 - 1. Characteristics
 - 2. Strategies
 - 3. Examples
 - C. Preparation stage
 - 1. Characteristics
 - 2. Strategies
 - 3. Examples
 - D. Action stage
 - 1. Characteristics
 - 2. Strategies
 - 3. Examples
 - E. Maintenance and relapse prevention stage
 - 1. Characteristics
 - 2. Strategies
 - 3. Examples
- IX.** REDS components of HBC
 - A. Roll with resistance
 - B. Express empathy
 - C. Develop discrepancy
 - D. Support self efficacy
- X.** Use of Elicit-Provide-Elicit technique
- XI.** Assessing Importance and Confidence

- A. Readiness ruler
 - B. Impact of Importance & Confidence to creating change
- XII.** Miscellaneous solutions and options
- XIII.** Workshop with practice would follow if group interested
 - A. Role-playing to develop skills
 - B. Assessing skills