

A Free Workshop

Workshop Background

This workshop is available to health-care providers, fitness trainers and others who provide consultation to clients on encouraging behaviour change. It addresses the foundation skills and underlying philosophy of MI using case-based learning, hands-on practice and take-away tools. Opportunities to recognize and integrate MI skills into practice are also provided throughout this interactive workshop.

Workshop Options

Full Day: Breakfast and lunch included.

Half Day: Lunch included

To set up a free workshop for your team or organization, please contact:

The Lung Association - Ontario

pep@on.lung.ca

1-888-344-LUNG (5864)



B R E A T H E
the lung association

Who We Are

Provider Education Program

The Lung Association's Provider Education Program (PEP) has a mandate to develop, implement and evaluate accredited continuing medical education (CME) programs and materials that promote the Canadian Thoracic Society (CTS) respiratory guidelines.

For more information on our free, accredited workshops, visit us at olapep.ca



The Lung Association

Visit the Lung Association's website for more information on lung health and free resources at on.lung.ca

You can also call our Lung Health Information Line, where our Certified Respiratory Educators are ready to take your lung health questions.

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Motivational Interviewing



**Facilitating and Engaging
Behaviour Change**



“This workshop gave me the skills I needed to assist smokers in their journey to quit.”

— Tracy

Promoting Change

For individuals seeking help with their behaviour change, two of the most common obstacles are ambivalence (uncertainty) and the fear of change. Simply telling your patient to change often leads to detachment and resistance that can stop them from seeking treatment. Motivational Interviewing helps overcome these barriers, allowing your patient to progress in treatment and change. It is a tool designed to comfortably move people through the process of behaviour change.



What is Motivational Interviewing (MI)?

Motivational Interviewing (MI) is a “collaborative, person-centered form of guiding to elicit and strengthen motivation for change” (Miller and Rollnick, 2009). MI has a robust evidence base across a range of health behaviours, including patient self-care, adherence to management plans, tobacco cessation and general health behaviour change. (Anstiss 2009).



MI Training Benefits

Clinician

- Increasing your confidence as a clinician by equipping you with the right tools to help patients reach their goals and maintain behaviour change.
- Improving patient engagement, treatment, retention and outcomes, as there is a need for MI training among inter-professional health-care providers in order to build capacity and reach more individuals with this successful tool.

Patient

- Empowering the patient to express and provide confidence for them moving forward in their health care journey.
- Encouraging the patient to consider their own self-management options when reaching their health-related goals.