

MOTIVATIONAL INTERVIEWING IN THE CLINICAL SETTING

Satellite Conference and Live Webcast

Friday, February 25, 2011, 8:00-9:00 a.m. (Central Time)

9:00-10:00 a.m. (Eastern) 7:00-8:00 a.m. (Mountain) 6:00-7:00 a.m. (Pacific)

Motivational interviewing, MI, is a well-known scientific intervention strategy often used in treating patients who may have developed a health condition because of various lifestyle choices, for instance, diabetes as a result of being overweight. The method has proven to be rather effective in getting patients to consider making lifestyle changes to improve their health. This particular training is designed for nurses working in the clinical setting. Program faculty will provide an overview of the major components of MI, as well as give instruction on how to increase skills in counseling patients and their families.

FACULTY:

Bonnie A. Spear, PhD, RD

Professor of Pediatrics

University of Alabama at Birmingham

PROGRAM OBJECTIVES:

1. Describe and utilize behavioral counseling with open-ended questions and motivational reflection.
2. Assess patients for their readiness to change.
3. Demonstrate how to elicit "change talk" in patients and families with an emphasis on obesity.

UPCOMING PROGRAMS FOR ADPH NURSES:

Wednesday, March 30

Wednesday, April 27

Wednesday, May 25

Wednesday, June 29

For a complete list of all upcoming programs visit:
www.adph.org/alphntn

CONFERENCE DETAILS:

Target Audience: Alabama Department of Public Health nurses, nutritionists, social workers.

Continuing Education: Nurses 1 hour, Social workers 1 hour

Appropriate for one hour CEU for registered dietitians

Registration: www.adph.org/alphntn

Technical Information: To receive complete technical information you must register at www.adph.org/alphntn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphntn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphntn@adph.state.al.us