

Motivational Interviewing for Diabetes Management (201)

Objectives

At the end of the training, participants will be able to:

- Describe the spirit and key principles of motivational interviewing (MI)
- Ask for, reflect and summarize change talk to strengthen motivation to change
- Use options tool/circle chart to facilitate conversations with patients with diabetes
- Engage with patients using the Four Processes of Motivational Interviewing

Training activities will include:

- Observing, coding and debriefing video clips of the counseling style
- Small group discussions
- Listening exercises
- Real and role play activities

Agenda

9–10 a.m.

1. Introductions
2. Practitioner skills assessment – partner listening exercise

10:00-10:20 a.m. Break

10:20–11 a.m.

3. Review spirit and skills of Motivational Interviewing
4. Introduce the Four Processes of Motivational Interviewing

11 a.m. to noon

5. Simple vs deep reflections
6. Forming reflections activity

Noon–1 p.m. Lunch

1–2:30 p.m.

7. View and debrief video clips, code for key skills
8. Listening exercise in groups of three with listener, speaker and one person coding for key listening skills

2:30–2:50 p.m. Break

2:50–3:30 p.m.

9. Eliciting change talk to strengthen commitment to change
10. Using a circle chart/options tool to focus conversations

3:30–3:45 p.m.

11. Putting it all together (Practice Activity): The Four Processes of MI

3:45–4 p.m.

12. Summary, takeaways and next steps