

Using Motivational Interviewing in Diabetes Management Groups

Objectives

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

- Use OARS to facilitate group conversations
- Apply the Four Processes of Motivational Interviewing in groups

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 a.m.

1. Introductions
2. Teaching vs. facilitating: what's the difference?
3. Brief review spirit of Motivational Interviewing

9:50 a.m. Break (10 min)

10 a.m.

4. Using listening skills (OARS) to facilitate group conversations

10:30 a.m.

5. The Four Processes of Motivational Interviewing in groups

11 a.m. Break (10 min)

11:10 a.m.

6. Planning a group activity using OARS/Four Processes
7. Discuss plans in small groups

11:45 a.m.

8. Summary, takeaways, and next steps

12 p.m. End of training