

Disease Management Webinar Series

Provided by TRICARE®

Topic: Motivational Interviewing

October 9, 2012

11:00 AM – 12:00 PM Pacific Time

Q&A after session

Speaker:

Connie Commander, RN-BC, MBA, CCM, ABDA, CPUR
President/CEO Commander's Premier Consulting Corp.

Registration is free. Click here to register:

<https://www.onlineregistrationcenter.com/register.asp?m=250&c=1114>

Objective: Describe Motivational Interviewing (MI), its elements, and potential local resources for MI training/expertise

Intended Audience: Disease management staff at MTFs including physicians, nurses, pharmacists, social workers, case managers or anyone supporting disease management services

Description:

1. MI is a tool to help patients increase their awareness of their need to change and helping them start moving through the stages of change

a. The PATIENT is responsible for choosing and carrying out personal change

“People are more likely to understand what they figure out for themselves than what you figure out for them” (Silverman, 1995)

2. Basic Principles of MI:

- a. Express empathy
- b. Develop discrepancy
- c. Roll with resistance
- d. Support self-efficacy

3. MI requires specific training (more than can be accomplished in DM webinar). Potential resources include:

- a. MTF Mental Health section (for interaction with patients and/or provide training to PCMH staff)
- b. Training in local area
- c. Training via web resources
- d. Publications (articles, books, etc)

Disclosure: No commercial support is used for this program. All planners and speakers have declared no financial relationships or conflicts of interest in relation to this program.

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Accessibility: If you require any special arrangement to attend and fully participate in this educational activity please contact Erin Swanson at erin.swanson.ctr@trow.tma.osd.mil for special requests no later than September 25, 2012.

Questions about This Activity: For questions concerning the content of this activity contact:

Nancy Wertz
Chief, Case Management, Special Needs
TRICARE Regional Office – West
619-236-5356
nancy.wertz@trow.tma.osd.mil