CANADIAN NETWORK FOR RESPIRATORY CARE

WELCOME BACK

NATIONAL RESPIRATORY CARE & EDUCATION CONFERENCE
November 16–18th, 2023, Hyatt Regency Vancouver, BC

Pre-Conference Workshop

Thursday, November 16th, 2023
12:30 - 4:30 pm

With Conference Registration
FREE!

Without Conference Registration
$100 for current CAEs, CREs, CCEs & CTEs
Non-member $125

Facilitators:
Andrea White-Markham RRT CRE CTE
Aaron Ladd BMR RRT FCSRT MEd CTTS CRE CTE
Kathy Hayward BSP CDE CRE CTE
Karen Brooks RN MN BScN CRE CTE
Rosa Dragonetti MSc RP CTE

MOTIVATIONAL INTERVIEWING (MI)

Practice Makes BEST!

CREs and **CTE**s frequently work with individuals who are ambivalent about adopting healthy behaviour.

Motivational interviewing (**MI**) is a communication skill that is used to facilitate the resolution of ambivalence. Research has shown that while providers may believe that they are successfully using *MI*, observer scores demonstrate that this is not always the case.

This pre-conference workshop has been developed for educators who wish to advance their abilitiy to use MI to support clients through the continuum of changing behaviour. During the workshop, you will be given the opportunity to hone your *MI* skills in small group settings and with Standardized Patients.

Activities will include:
- Reflection before action
  - Discussion on key *MI* skills
- Practice of your *MI* skills by counselling Standardized Patients
- Reflection during action
  - Observing peers counsel Standardized Patients
- Reflection after action
  - Participation in debrief sessions
  - Discussion of key *MI* strategies
  - Identification of next steps

Standardized patients are trained to replicate clinical encounters consistently and realistically. Interacting with standardized patients will allow you to use your *MI* skills, receive direct feedback, and reflect on how to make changes to your practice.

Each small group will be facilitated by an experienced educator.

For the best experience, participants should already possess a basic understanding of Motivational Interviewing concepts and techniques.

Learning Objectives:
- Demonstrate the Spirit of *MI* to resist the righting reflex through interaction with a standardized patient.
- Model interviewing skills through engaging, focusing, evoking and planning.
- Demonstrate the appropriate use of both *MI* skills and the spirit.

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Not attending the conference?
Register Here