

comMit[®]

comprehensive Motivational Interviewing training for Health Care Professionals

PROGRAM OVERVIEW

Motivational interviewing (MI) is an *evidence-based* patient-centered approach to improving adherence to health behaviors and outcomes. MI was developed and targeted for patients who are ambivalent or resistant to health behavior change. It is a set of skills and way of being with patients that allows health care professionals to explore a patient's motivation for change, while providing patients insights for change to increase the chance that patients conclude that change will help them achieve their goals.

comMit (comprehensive Motivational Interviewing training) for health care professionals is an e-learning program accredited for 8 hours of approved continuing education credit nurses (RN), social workers (SW), and certified case managers (CCM).

- Learners may stop at any point in the program and then return to it where they left off.
- Learners may also review each module completed as often as they would like during the three-month time frame.

This unique program uses a sense making approach to motivational interviewing that is the basis for the book, *Motivational Interviewing for Health Care Professionals: A Sensible Approach* by Drs. Bruce A. Berger and William A. Villaume. The modules use numerous real examples of patient encounters and self-assessment questions to help learners internalize skills.

OBJECTIVES:

1. Explain why motivational interviewing was brought into health care from psychology.
2. Discuss the relationship between the human brain, threat, patients who are ambivalent of resistant to behavior change and the use of motivational interviewing.
3. Explain how sense making creates motivation for change.
4. Explain why rapport is crucial to behavior change.
5. Explain barriers to building trust and safety with the patient.
6. Define criteria for effectively addressing the issue.

CONTINUING EDUCATION:

8 hours RN, SW and CCM

REGISTRATION FEES:

CMSA Members: \$99

Non-Members: \$125

QUESTIONS? CONTACT: Michele Lee, Educational Content Manager, mlee@parthenonmgmt.com

MODULE OVERVIEWS

Module 1 – Introduction and Background

This module introduces the learner to the format of the e-learning program and the unique sense making approach to motivational, developed specifically to the time limited needs of health care professionals.

Module 2 – The Human Brain and Threat

Patients and health care professionals can feel threatened (anxious) in their relationships. This module explores how threat can often cause health care professionals to stop being patient centered and undermine their relationships with their patients.

Module 3 – Sense Making and Practical Reasoning

This module delves deeply into the sense making approach to motivational and how it works. Learners will become much more clear on when it is appropriate to use different motivational interviewing skills.

Module 4 – Developing Rapport and the Synergy of MI

Rapport is crucial to effectively using MI skills. Rapport is needed to build trust and safety. When rapport and MI skills are used together, a synergy is created that greatly improves the probability of positive health outcomes.

Module 5 – Reflecting, Empathizing with, Reframing and Exploring the Issue

When patients are ambivalent or resistant to change the issues that they have that prevent positive behavior change need to be explored in a way that is respectful and safe so that change may occur. The skills necessary to identify and explore these issues are discussed and demonstrated.

Module 6 – Addressing the Issue

Ultimately, the issues the patient presents must be addressed so that change may occur. This module identifies each unique skill for addressing and resolving the patient's issues that are preventing change.

This educational program was developed with the support of the National Association of Chain Drug Stores Foundation.

PROGRAM DEVELOPER OVERVIEW

This eLearning program was developed by Drs. Bruce A. Berger and William A. Villaume. They are also co-authors of the book *Motivational Interviewing for Health Care Professionals: A Sensible Approach*.

Both Bruce and Bill are graduates of The Ohio State University. Bruce practiced pharmacy before returning to Ohio State to receive a PhD in Social and Behavioral Pharmacy focusing on health psychology and health communication. Bruce has been interested in studying how patients and health care professionals talk to each other and the impact on adherence to health behaviors. Bill was a Lutheran minister who went to graduate school at The Ohio State University and received a PhD in speech communication. Bill has always been fascinated by how people use language in their talk to build relationships and to have influence on each other. His studies in communication theory, linguistics, discourse/conversation analysis and interaction analysis gave him a breadth of theoretical perspectives and research methodologies to apply in studying how MI works in professional-patient interaction.

Between the two of them they have taught motivational interviewing to health care professionals for over 25 years. Both have won numerous awards for their teaching and research. Programming for this eLearning program was done by Joe Ganci of eLearningJoe, LLC. In 2013 Joe received the prestigious Guild Master Award from The eLearning Guild. He is widely known for his reviews of eLearning development tools in Learning Solutions Magazine.

This project was also programmed with the assistance of Aracely Gonzalez. Aracely has been an eLearning trainer and developer since 1999. Her instructional expertise comes from being an educator for more than 20 years, as well as a trainer of Adults, ESL & Bilingual Education.

More about Bruce Berger, Ph.D

Bruce is President of Berger Consulting, LLC and Emeritus Professor at Auburn University. He has developed **comMit** (comprehensive **M**otivational **I**nterviewing training for health care providers) and AU MITI (Auburn University Motivational Interviewing Training Institute) and AU MITI (Auburn University Motivational Training Institute). He has taught motivational interviewing in health care and methods for improving treatment adherence for over 30 years.



He was born in Cleveland, Ohio. Bruce received his BS in Pharmacy from The Ohio State University. After practicing pharmacy for two years he returned to Ohio State and received his Masters and Ph.D. in social and behavioral pharmacy. He taught at Ohio State before moving to West Virginia University in January, 1980. After two years at WVU, Bruce moved to Auburn University and taught there until his retirement from the university in September of 2009.

His research interests included health behavior change and improving treatment adherence. He has written or presented over 800 papers or seminars on these topics. He has been a consultant and trainer for Pfizer, Inc., Procter & Gamble, Amylin, Alexion, Astra-Zeneca, Sanofi-Aventis, GSK, and various health plans, including Humana, Harvard Pilgrim, Tufts Health, and numerous BlueCross BlueShield plans.

He is the recipient of the Johnson & Johnson Award, the Lyman Award and the first American Association of Colleges of Pharmacy's Award of Excellence for his research. He is the 2001 recipient of the Jack L. Beal Post baccalaureate Alumni Award from the Ohio State University. In March of 2004 Bruce was awarded a fellowship by the American Pharmacists Association (APhA) Academy of Pharmaceutical Research and Science for a lifetime of quality research.

Bruce is the 2007 and 2009 winner of the APhA Wiederholt Prize for the best research publication in the social, behavioral, and administrative sciences in pharmacy in the Journal of the APhA. The first study focused on the impact of motivational interviewing. Bruce is the 2009 recipient of the American Association of Colleges of Pharmacy's Robert Chalmers Distinguished Pharmacy Educator Award, one of the Association's three highest honors. Bruce has also been nominated for the 2012 prestigious Pinnacle Award of the American Pharmacists Association for a lifetime of innovative leadership in medication adherence. Bruce is the author of the book, **Motivational Interviewing for Health Care Professionals: A Practical Approach, APhA, Washington, DC, August, 2013**, along with William A. Villaume.

More About William A. Villaume, Ph.D.

Bill received his doctorate in Communication from The Ohio State University in 1983 and taught for 20 years at Auburn University in the Department of Communication and Journalism before transferring to the faculty of the Harrison School of Pharmacy in the Fall of 2003. Since then Bill's teaching and research have focused on the communicative processes in Motivational Interviewing that account for its effectiveness with patients. As a codeveloper of AU MITI (the Auburn University Motivational Training Institute) and **comMit** (comprehensive **M**otivational **I**nterviewing training for health care providers), Bill has trained over 1500 healthcare professionals and students in using MI to improve patient adherence.



Bill has published articles in Communication Monographs, Human Communication Research, the International Journal of Listening, and the American Journal of Pharmaceutical Education. He is a four time recipient of the Nichols Award for top research paper at the annual convention of the International Listening Association.

Bill is also a programmer with over 30 e-learning modules to his credit. His dual expertise as a programmer and as a communication scholar allowed Bill to team with Bruce Berger in developing the Auburn University Virtual Patient for teaching Motivational Interviewing. This project won the 2005 Innovation in Teaching Award from the American Association of Colleges of Pharmacy.

Since his retirement in 2011, Bill coauthored the book, **Motivational Interviewing for Health Care Professionals: A Sensible Approach, APhA, Washington, DC, August, 2013**, along with Bruce A. Berger. He continues to partner with Bruce Berger in consulting and teaching about Motivational Interviewing.

Frequently Asked Questions

How do I successfully complete the program?

In order to receive 8 hours of continuing education credit for this program you must complete each module and successfully pass each graded assessment (a score of 70% or more).

Do I have to get every question right the first time I answer?

You will have two chances to answer each question in each module and two chances to pass each module's graded assessment.

Can I do the modules out of order?

Each module builds on the previous module. Therefore, it is mandatory to complete a module prior to moving on to the next module.

Can I purchase a subset of the modules for a discounted price?

The program comes as a complete package that is meant to teach the learner how to utilize motivational interviewing within their practice. The completion and success of the program is dependent on completing all modules. Therefore, a la carte module selection is not possible.

Is there a specific time that I must complete the modules?

Learners will have 3 months (90 days) to complete all the modules and claim credit once they are registered on Purdue.edu. If the learner has not completed all modules, graded assessments and claimed credit within the 90 days, they must repurchase the program and no credit will be given.

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