

A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change E-Learning Course

Overview

A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change is a 4-hour, self-paced online course. It takes the learner on a tour of the essential skills used to strengthen an individual's motivation for behavior change. Motivational Interviewing (MI) is a form of collaborative conversation for strengthening a person's own motivation and commitment to change. It can be used by a multitude of health professionals, including nurse practitioners, counselors, and social workers.

Objectives

- Define the “Spirit of Motivational Interviewing” and examine its evidence-base.
- Describe the importance of engagement with the patient through use of core interviewing skills also referred to as OARS (open-ended questions, affirmations, reflections, summaries).
- Examine the ongoing process of seeking and maintaining a clear focus and strategic direction.
- Differentiate specific aspects of patient language that evoke and strengthen motivation and commitment for behavior change.
- Identify the components of planning for behavior change.
- Appraise interest in obtaining more advanced MI training and skill formation.

Potential Relevant Financial Relationships:

In accordance with continuing education guidelines, the contributing authors and planning committee members have potential relevant financial relationships with ineligible companies and have been mitigated.

Contributors:

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Planning Committee:

Angela Bolen, and Viannella Halsall, MPH, have no relevant financial relationships with ineligible companies to disclose.

Kristin Metcalf-Wilson, DNP WHNP-BC serves on the board for Afaxys Pharmaceuticals (Medication) and is a Nexplanon trainer for Organon. Tammy Bennett, DNP(c); RN, WHNP-BC, is a Nexplanon trainer for Organon have relevant financial relationships with ineligible companies to disclose and they have been mitigated.

Successful Completion

To receive contact hours, participants must complete the course with a satisfactory grade of 80% or higher on all module quizzes. CNE, CME, NASW, NAADAC and non-CE Certificates of Completion are available immediately for electronic download upon satisfactory completion of the course.

Accreditation Statements

Continuing Medical Education:

The AAFP has reviewed A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change and deemed it acceptable for up to 4.00 Enduring Materials, Self-Study AAFP Elective credits. Term of Approval is from 03/01/2024 to 03/01/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education:

The University of Missouri-Kansas City School of Nursing and Health Studies is accredited as a provider of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program offers up to 4.0 contact hours for nurses.

National Association of Social Workers (NASW)

This program is Approved by the National Association of Social Workers (Approval # 886867499-2760) for 4.0 continuing education contact hours.

NAADAC

This course has been approved by the Addiction Technology Transfer Center (ATTC) Network Coordinating Office, as a NAADAC Approved Education Provider, for 4.0 CE(s). NAADAC Provider #64973, UMKC School of Nursing and Health Studies, is responsible for all aspects of its programming.”

Disclaimer

Opinions expressed herein are the views of the contributors and do not reflect the official position of the University of Missouri-Kansas City School of Nursing and Health Studies.

Commercial Support

There is no commercial support for this program.

Enduring Materials – Contact hours will be awarded for this program through January 31, 2025, for CNE, NASW, and NAADAC.

Contact Angela Bolen at bolena@umkc.edu or 816-235-6611 if you have questions regarding continuing education credit.