

# **Beyond Advice Giving: Motivational Interviewing for Health Promotion and Health Behavior Change**

## **3 CE**

**DATE:**

04/21/2017 - 2:00pm to 5:00pm

**LOCATION:**

Fayette County Cooperative Extension  
1140 Harry Sykes Way, Lexington, KY 40504

**SPEAKER / PRESENTER:**

Jamie Ostroff, PhD

**Contact:**

Harris Psychological Services Center  
[harrispsc@gmail.com](mailto:harrispsc@gmail.com)  
(859) 257-6853

**Workshop Details:**

All health care providers encounter patients who are at least somewhat resistant to change. This training workshop will help behavioral health clinicians develop a deeper appreciation for the theory and practice of health behavior change. Motivational Interviewing (MI, Miller & Rollnick, 2013) is a well-established, evidence-based, goal-oriented, patient-centered, behavioral counseling strategy that works on eliciting behavior change by helping patients/clients explore and resolve ambivalence and engage intrinsic motivation for behavior change. MI has been used with adolescents and adults to address a wide range of problem behaviors (addictive behaviors, sedentary behavior, diet). This workshop will focus on clinical scenarios for health behavior change in the context of collaborative medical care with particular attention to promoting smoking cessation in the context of cancer treatment. Starting with review of the empirical evidence for use of MI, the presenter will review the key elements of MI and then facilitate structured role play exercises for participants to gain practice in building MI skills. Using a tell-show-try learning sequence, this training is designed to increase clinician skill and confidence in the integration of MI theory and clinical strategies for promoting health behavior change.

**Workshop objectives:**

1. To identify the rationale, opportunities and challenges of health promotion and health behavior change (smoking, obesity, sun protection) with an emphasis on cancer survivors.
2. To present and discuss recent research providing an empirical basis for use of Motivational Interviewing strategies to promote health behavior change.

3. To demonstrate and role play evidence-based strategies from Motivational Interviewing that can be used to promote patient engagement in health behavior change.

**About the Presenter:**



Dr. Jamie Ostroff is a Clinical Health Psychologist and Chief of the Behavioral Sciences Service in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center (MSK) and Attending Psychologist in the Department of Psychiatry at Weill Medicine Cornell in New York City. She is Director of MSK's Tobacco Treatment Program. Dr. Ostroff's research has focused on addressing the psychological and behavioral aspects of tobacco-related cancer prevention and control with specific expertise in disseminating and implementing tobacco treatment in cancer care and lung cancer screening settings. Dr. Ostroff is a licensed clinical psychologist in New York trained in cognitive behavioral therapies (CBTs). Her clinical practice targets cancer patients/survivors and she has a keen interest in use of motivational interviewing and acceptance and commitment-based therapeutic approaches for health behavior change. She provides tobacco education and training to community-based health care providers working with low income and other vulnerable populations.

**Audience:**

This workshop is appropriate for Psychologists, Social Workers, Professional Counselors, and other Mental Health Professionals

- **Psychologists:** This program will provide **3 CE credits**. The University of Kentucky is an approved sponsor for CE credits by the Kentucky Board of Examiners of Psychology.

Registrant Type	Early-bird Registration (Ends March 31)	Pre Registration	Onsite Registration
UK Faculty/Staff	\$90	\$110	\$160
General Community	\$140	\$160	\$210
Student (No CE Credit)	\$15	\$20	\$35

**Registration website:**

<https://psychology.as.uky.edu/motivational-interviewing>