Motivation Proclamation I: Inspiring Self-Efficacy and Behavior Change in our Patients
Mini-Elective
Spring 2015

Course Dates: February 23, March 2, 9, 16, 23, April 6 Mondays, 3:00-5:00 PM

Maximum Students: 8

Class Year: MS1

Course Director: Antoine Douaihy, MD
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Description:
This 6 session mini-elective will introduce students to motivational interviewing (MI), a structured therapeutic interview style that was developed for use with patients suffering from addiction. MI is a collaborative conversation style for strengthening a person’s own motivation and commitment to change, emphasizing the patient’s self-efficacy in effecting meaningful change. There is now evidence supporting the use of MI in psychiatry, internal medicine, family medicine, pediatrics, emergency medicine, and palliative care. While MI is woven in through the UPSOM curriculum, it is only through consistent practice and team feedback that practitioners become skilled. This course will give students the chance to work with Dr. Douaihy and specially trained psychiatry residents and practice their interview skills with patients undergoing treatment for co-occurring psychiatric and substance use disorders. This experience will increase student proficiency in communication with patients as well as fellow team members. Ideally, it will also provide students with a framework with which to approach patients who are ambivalent about change.


This text is available in the Health Science Library.

Course Objectives:
• To explain the transtheoretical model of change and identify where a patient is in the process of change
• To develop proficiency in motivational interviewing, an evidence-based therapeutic intervention for effecting behavioral change.
• To effectively give feedback to peers and facilitators about their motivational interviewing sessions

Requirements:
• Active participation in all sessions.
• 1-2 page reflection on the experience is due before the final class meeting.
Introduction to Motivational Interviewing

Course Director: Antoine Douaihy, MD

Location: Scaife Hall and WPIC

Session 1: February 23, 2015
- Overview and introduction: what is motivational interviewing? Why do we use it? Whom can it help?
- Brief Interventions in Acute Settings
- In this session, we will divide up into small groups and perform MI on our peers. Students will be asked to identify a habit they would like to change that they are comfortable sharing with their peers. (Examples include: starting an exercise program, spending less time on Facebook, eating more healthfully, not procrastinating.) Please note that while a similar exercise is undertaken in the Behavioral Medicine course, this will be for the purposes of practicing MI skills and will be limited to this session only. In addition to performing MI, students will practice giving feedback during peers’ interview sessions.

Suggested reading: Miller and Rollnick, Chapters 1 and 27

Session 2—March 2, 2015
Practice: WPIC 10th floor
Students will practice MI on patients admitted to the inpatient dual diagnosis service

Suggested reading: Miller and Rollnick, Chapters 2-3

Session 3—March 9, 2015
Practice: WPIC 10th floor
Students will practice MI on patients admitted to the inpatient dual diagnosis service

Session 4—March 16, 2015
Practice: WPIC 10th floor
Students will practice MI on patients admitted to the inpatient dual diagnosis service

Session 5—March 23, 2015
Practice: WPIC 10th floor

Session 6—April 6, 2015
- Reflections on MI: What did I learn? How will I incorporate this into my clinical practice?
- Feedback for course instructors: What did you like and dislike about the course? How could we make this course better?

Note: 1-2 page reflection is to be emailed to course contact by midnight prior to class meeting.

This session will integrate what students have learned in the previous meetings, and will prepare them to integrate MI into their interactions with patients on a daily basis to continue practicing and honing their MI skills.