

2024 Pain Care Skills Training

Title: Motivational Interviewing for Pain Skills Training Workshop

Presented By: Dr. Abby N. Diehl, PhD, ABPP, Maj, USAF, BSC

Offered: 21 AUGUST PM 1230-1630 EDT

Location: NIH Natcher Center, Room C (not balcony)

Course Description:

This session provides skills training in Motivational Interviewing (MI), which is an evidence-based method for promoting change and growth via a collaborative conversation designed to strengthen a person's own motivation and commitment to change and growth (Miller & Rollnick, 2023). MI is a critical interdisciplinary healthcare skill, which has particular relevance to caring for those with chronic pain. The workshop will review the foundational constructs related to MI with an emphasis on the Spirit of MI, which is grounded in a relationship of partnership, acceptance, compassion, and empowerment. Workshop participants will actively practice fundamental person-centered communication skills (OARS) across the four tasks of an MI encounter (Engage, Focus, Evoke, Plan), as well as how to give information in a MI aligned way (Ask-Offer-Ask). Videotaped examples of MI sessions with a focus on pain related care will be used. Participant engagement in real-plays to demonstrate MI skills and openness to feedback on MI Skills is required for training completion.

Objectives:

By the end of the training, attendees will be able to:

1. Explain the utility of Motivational Interviewing (MI) as an evidence-based, person-centered method for communicating and for fostering change and growth within a broad range of areas, including: patients, families, communities, systems and professionals in healthcare and other helping fields.
2. Apply the relational guiding relational spirit of MI to include the elements of partnership, acceptance, compassion and empowerment (PACE).
3. Demonstrate person-centered communication skills to include open-ended questions, affirmations, reflections, summaries (OARS) across each of the four tasks (engage, focus, evoke, plan) of an MI-style conversation, with a focus on considerations for chronic pain.
4. Analyze conversations for cultural conversation "traps" (e.g., "fixing reflex") to avoid when discussing change and growth.
5. Demonstrate recognition of change talk (DARNCATs) and enhance listening skills related to the language of change.
6. Integrate inviting, responding to, and strengthening change talk (DARNCATs) skills within a real play encounter.
7. Apply MI consistent guidance within the planning task, specifically discuss brief action planning (BAP), evoking confidence, and how to give information in an MI consistent way (Ask-Offer-Ask).
8. Develop skills for responding to discord and sustain talk within a clinical MI conversational style.

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1230-1330 Keys to MI Conversations about Change & Growth

- o The Spirit of MI
- o The 4 Tasks of MI
- o Person-Centered Communication Skills

1330-1430 Practice Skills

- o MI Example (Chronic Pain) Video / Discussion

- o "Real" Play Groups / Discussion

1430-1445 BREAK

1445-1515 Change Talk Skills

- o Listening for Change Talk

- o Strengthening Change Talk

1515-1545 Responding to Sustain Talk & Discord

1545-1615 The Art of Advising / Avoiding "Fix It" Reflex

1615-1630 Putting It All Together