

# **2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda**

## **Motivational Interviewing for Pain & SUD Workshop**

**Presented By: Dr. Jordan M. Ellis, PhD, Maj, USAF, BSC**

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**Offered: 19 August 2025, 0730–1130 AM ET**

**Location: Partnership for Public Service, 6<sup>th</sup> Floor – Room 606**

**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.

### **Learning Objectives:**

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. Demonstrate recognition of change talk (DARNCATs) and enhance listening skills related to the language of change.  
Integrate inviting, responding to, and strengthening change talk (DARNCATs) skills within a real play encounter.
5. 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).
6. Develop skills for responding to discord and sustain talk within a clinical MI conversational style.

### **19 August 0730–1130 AM ET**

0730–0830      Keys to MI Conversations about Change & Growth  
                    I. The Spirit of MI  
                    II. The 4 Tasks of MI  
                    III. Person-Centered Communication Skills

0830–0930	Practice Skills I. MI Example (Chronic Pain) Video / Discussion II. “Real” Play Groups / Discussion
0930–0945	----- BREAK-----
0945–1015	Change Talk Skills I. Listening for Change Talk II. Strengthening Change Talk
1015–1045	Responding to Sustain Talk & Discord
1100–1115	The Art of Advising / Avoiding “Fix It” Reflex
1115–1130	Putting It All Together