

## Session 2: Applying Motivational Interviewing Skills: Permission, Open-Ended Questions, and Listening Reflectively

**Date and Time:** May 5, 2021 | 3:00 PM – 4:00 PM

**Location:** Virtual Training (on Zoom)

**Target Audience:** Physicians, Nurses, Advanced Practice Providers, Social Workers, Psychologists, and Pharmacists

### Program Overview:

By the conclusion of the training, attendees should be able to do the following:

- Describe the purpose of asking permission to discuss health behaviors.
- Describe the difference between open-ended and closed-ended questions.
- Use open-ended questions to elicit motivations, concerns, and plans.
- Describe the connection between open-ended questions and reflections.
- Identify and apply different types of reflection.

Time	Topic	Presenter(s)
12:00 PM – 12:05 PM	Welcome, Introductions, & Program Overview	<ul style="list-style-type: none"> <li>• Brianna McDonough,</li> <li>• Abby Talbert</li> <li>• Dan Lomauro</li> <li>• Lori Abbott</li> <li>• Whitney Menarcheck</li> </ul>
12:05 PM – 12:15 PM	Brief Review of POLAR* <sup>S</sup>	<ul style="list-style-type: none"> <li>• Brianna McDonough</li> </ul>
12:15 PM – 12:20 PM	Skill Focus: Permission	<ul style="list-style-type: none"> <li>• Brianna McDonough</li> <li>• Lori Abbott</li> </ul>
12:20 PM – 12:35 PM	Skill Focus: Open-Ended Questions	<ul style="list-style-type: none"> <li>• Brianna McDonough</li> <li>• Lori Abbott</li> </ul>
12:35 PM – 12:50 PM	Skill Focus: Listening Reflectively	<ul style="list-style-type: none"> <li>• Brianna McDonough</li> <li>• Lori Abbott</li> </ul>
12:50 PM – 12:55 PM	Applications to Practice	<ul style="list-style-type: none"> <li>• Brianna McDonough</li> <li>• Lori Abbott</li> <li>• Whitney Menarcheck</li> </ul>
12:55 PM – 1:00 PM	Questions and Wrap-Up	<ul style="list-style-type: none"> <li>• Brianna McDonough</li> </ul>

### Presenter Information:

- Brianna McDonough, MPH, CPH | *Senior Training Coordinator* | University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (PERU)
- Abby Talbert, MPH, CPH | *Program Manager, Innovative Health System Initiatives* | University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (PERU)
- Dan Lomauro, MPH | *Lead Technical Consultant* | University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (PERU)
- Lori Abbott, MA, LPC | *Program Implementation Specialist* | University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (PERU)
- Whitney Menarcheck, LPC, NCC | *Senior Clinical Quality Improvement Specialist* | University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (PERU)



*In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh. The University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.*

*As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credits.*

This activity is approved for the following credits:

- ACPE – 1.0 credits
- CME – 1.0 credits
- ASWB (Social Work) – 1.0 credits
- AAPA – 1.0 credits
- ANCC – 1.0 credits

Attendees from other professions earn a certificate of attendance for one credit.