

## Session 1: Motivational Interviewing Basics and Introduction to POLAR\*S

**Date and Time:** June 2, 2021 | 12:00 PM – 1:00 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:

- Define motivational interviewing (MI) and describe the MI spirit.
- Recognize the “righting reflex” and describe the importance of resisting it.
- Define change talk and demonstrate appropriate ways to respond.
- Define sustain talk and demonstrate appropriate ways to respond.
- List the steps in the POLAR\*S framework.

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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 – 12:20 PM	Motivational Interviewing (MI) and the MI Spirit	<ul style="list-style-type: none"><li>• Lori Abbott</li></ul>
12:20 PM – 12:35 PM	Recognizing Change Talk and Sustain Talk	<ul style="list-style-type: none"><li>• Brianna McDonough</li><li>• Abby Talbert</li><li>• Lori Abbott</li></ul>
12:35 PM – 12:50 PM	Introduction to POLAR*S	<ul style="list-style-type: none"><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>• Lori Abbott</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.