**COE Learning Network:** Hope-Inducing Engagement

**Presenters:** Tony Klein (STFRI) and William Stauffer (PRO A)

**Date and Time:** September 11th, 2024 - 12:00 pm- 1:30 pm

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

**Host:**University of Pittsburgh, School of Pharmacy, Program and Evaluation Unit (PERU)

**Target Audience:**Centers of Excellence Leadership and Staff

**Training Objectives:**

1. Describe the multidimensional aspects of behavior change, motivational interviewing, and recovery-oriented terminology
2. Identify how to apply hope-inducing engagement strategies to support tobacco recovery

**Agenda**:

1. Evaluation Summary
2. Objectives
3. Hope-inducing behavior change
4. Self-determination
5. Motivation interviewing perspectives
   1. How change occurs
6. Sharing lived experiences
   1. A narrative approach definition
7. Motivational interviewing definition
8. Motivational interviewing – how we do work with persons served
9. Staged of change model
10. Therapeutic alliance
11. The five principles of MI
12. Communication skills
    1. Open-ended questions
    2. Types of reflections
13. Key concepts of MI
14. Matching role to stage readiness
15. Reflective listening
    1. Examples
    2. Sustain talk vs change talk
    3. Commitment language
16. MI direction and workflow
    1. Engaging
    2. Focusing
    3. Evoking
    4. Planning
17. Terminology and messaging
18. Stigmatizing language
    1. Loaded words
    2. Words matter
    3. Reframe language
19. Recovery-Oriented Engagement

**References**:

* Deci E. Ryan R. Self-Determination Theory. Retrieved from <https://www.psych.rochester.edu/SDT/theory>
* Enhancing Motivation for Change in Substance Use Disorder Treatment: Updated 2019 [Internet]. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2019. (Treatment Improvement Protocol (TIP) Series, No. 35.)
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* Miller, W. R., & Rollnick, S. (2012). Motivational interviewing: Helping people change. Guilford press.
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* Norcross, J.C. *Psychotherapy Relationships That Work*, Seymour Fisher Memorial Workshop, SUNY Upstate Medical Center, October 2005
* Prochaska, J. O., DiClemente, C. C., & Norcross, J. C. (1992). *In search of how people change: Applications to addictive behaviors*. American Psychologist*, 47*(9), 1102–1114.
* Welcome to the Motivational Interviewing Website! | Motivational Interviewing Network of Trainers (MINT) Retrieved from [https://MotivationalInterviewing.org](https://motivationalinterviewing.org/)
* White M. Epston D., Narrative Means to Therapeutic Ends, W.W. Norton & Company, Inc., 1990