



MANAGE WITH MOTIVATION

A course on Motivational Interviewing
developed & designed by Alka Chopra RD, CDE

Manage with Motivation is a workshop style course on *Motivational Interviewing* that is a clinical counseling approach developed by clinical psychologists William R. Miller and Stephen Rollnick. It is a directive, client-centered counseling style that elicits behavior change by helping clients to explore their own ambivalence. The opportunity is geared exclusively towards diabetes educators & health educators.

It includes:

1. 6 weeks of pre-recorded videos.
2. 6 coaching calls that are a combination of content review & practice sessions.
3. Several interactive activities that are geared to amplifying the educators motivational interviewing skills.

Time requirement for course completion

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|--|----------|
| 6 weeks of course content review @ 3hrs/week | 18 hours |
| 6 Coaching calls | 12 hours |
| 3- month follow up coaching call | 2 hours |
| TOTAL TIME REQUIRED | 32 hours |

CDE Competency Checklist

The course meets the following competencies as laid out by the Canadian Diabetes Educator Certification Board. For other boards please check your respective boards.

| Competency Number | Competency | Weight |
|-------------------|--|--------|
| 8A | Applies principles of learning to the development of client management plans. | 2-A |
| 8B | Adapts management strategies based on principles of motivational interviewing. | 2-A |
| 8C | Applies knowledge of the social determinants of health to diabetes management. | 2-A |
| 8E | Identifies appropriate use, advantages and disadvantages of various teaching and facilitation methods. | 2-B |
| 8G | Applies the principles of behavioural change to diabetes management. | 2-A |

Please refer to the info sheet that discusses more detail about Motivational Interviewing.

For any further questions please email me – alka@healthcommunicationlab.ca