

Motivational Interviewing

*Bridging the gap between where you are now...
and where you want to be.*

MI-based Health Coaching Service

The core of our health management program rests with our health coaching expertise, which utilizes the Miller and Rollnick **Motivational Interviewing** (MI) approach. MI is congruent with evidence-based behavior change theories/models such as Becker's Health Belief Model, Prochaska and DiClemente's Stages of Change, Bem's Self-perception Theory and Bandura's Social Cognitive Theory.

This directive, client-centered coaching approach is especially helpful with less ready, less motivated individuals, and is used in conjunction with appropriate assessment, linking and planning activities. There is much research that supports the efficacy of MI (see www.motivationalinterview.org). In fact, outcomes from our health coaching study (Butterworth, Linden, McClay et al., 2006) showed a significant increase in both mental and physical health status as compared to a control group.

The Motivational Interviewing approach is appropriate to use with the following risk indicators or topics during health coaching sessions:

- Chronic disease self-management
- Compliance to treatment plan
- Poor perception of health
- Excessive absenteeism
- Evidence of substance abuse
- Compliance to safety protocols
- Low mental health indicator
- Activity and nutrition choices
- Weight management
- Depression and anxiety
- Poor sleep patterns
- Coping and self care skills

Our HMS coaching staff are all independently rated as proficient in the MI technique. They receive on-going supervision and case review in MI.

Training Services for Client-centered and MI-based Approach

OHSU HMS also offers various levels of training options in the client-centered and MI approach for healthcare professionals and management staff. HMS facilitators are all part of the Motivational Interviewing Network of trainers (MINT) and have a high level of expertise and proficiency in MI and training. Your organization can be assured of a quality training and educational experience. MI training for your staff includes an interactive workshop series, participant workbooks, follow-up supervision and case review.