

Course Description
Methods of Psychoeducation and Motivational Interviewing
Leading Lecturer: Róbert Urbán

Aim of the course

- I. To provide students with an introduction to motivational interviewing (MI) which is fast becoming the primary model for working with clients on behavior change in the areas of substance abuse, health care, and beyond (20 hrs training).
- II. To introduce students into psychoeducation works in chronic diseases making students able to plan educational programs for preventing and rehabilitating patients suffering from chronic somatic diseases (16 hrs practice).

Learning outcome, competences

knowledge:

- Students learn about the basic principles how to plan a psychoeducation program for patients with chronic conditions.
- Students learn the basics of motivational interviewing and its applications

attitude:

- Students develop more understanding of the complexity of chronic conditions.
- Students can develop emphatic concern toward patients having difficulties in behavior change.
- Students increase the awareness of the role of therapists/counselors' behaviors.

skills:

- Students learn how to relate and behave professionally with ambivalent clients in order to help clients to move forward toward behavior change.
- Students practice basic counseling skills: questioning, reflective listening, informing, etc.
- Students practice how to code therapists' behavior

Content of the course

Topics of the course

- **The basic principles of planning educational programs for people living with chronic conditions.**
 - comparing health-education and patient education
 - the importance of self-efficacy and representations in interventional programs
 - The three main phases:
 - planning
 - implementation
 - evaluation
 - examples for the different questions/aspects of planning
 - education on different channels – possibilities and challenges
- **Motivational interviewing**
 - Ambivalence, Righting Reflex, Resistance. Principles and spirit of MI (Expressing Empathy, Developing Discrepancy, Rolling with Resistance, Supporting Self-efficacy)
 - Four Overarching Processes—Engaging, Focusing, Evoking, Planning
 - Practicing engaging skills (OARS)
 - Coding motivational interviewing sessions
 - Practicing and deepening reflective listening, summaries and affirmation

- Practicing Evoking processes: identifying and eliciting change talk.
- Understanding resistance and discord
- learning how to lead to the planning process: Transitional summary, key questions, negotiating the change plan.
- **Intervention programs in the field of clinical health psychology – discussion of project works**
 - health-education and patient education
 - different models for planning educational programs
 - the importance of self-efficacy and representations
 - the three main phases: planning, implementation and evaluation
 - examples for the different steps from the literature
 - channels of education, types of education, basic techniques and elements of the programs
 - requirements for the project-works
 - Projects in small groups – planning and presenting an educational program for persons suffering from a specific chronic somatic disease

Learning activities, learning methods

- didactic presentations
- working in small groups
- role plays
- discussion and presentation of group work
- observation and coding therapists' behavior
- applying MI principles in a practical counseling session.

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation:

requirements

The final grade consists of three partial grades.

- I. Motivational interviewing (MI):
 - a. A written exam with multiple choice tests, short questions (30%)
- II. An audiotaped or videotaped interview session in English, and verbatim transcription with codes of MI elements (30%). See: Moyers, T. B., Martin, T., Manuel, J. K., Miller, W. R., & Ernst, D. (2010). Revised global scales: Motivational Interviewing Treatment Integrity 3.1.1 (MITI 3.1.1). Available at: http://casaa.unm.edu/download/MITI3_1.pdf
- III. Psychoeducation in chronic diseases:
 - a. Project work in groups: planning an educational program for patients with a specific chronic disease; documenting and presenting the program for the others (detailed requirements will be discussed) (40%)

The grade consists of weighting the performance of the three tasks:

- A written exam with multiple choice tests, short questions – 30%
- An audiotaped or videotaped interview session in English, and verbatim transcription with codes of MI elements (30%)
- Project work in groups (40%)

Reading list

Compulsory reading list

- Miller, W. R., & Rollnick, S. (2002). *Motivational Interviewing: Preparing people for change*. 2nd Ed. New York, NY: Guilford Press. pp. 3-184.
- Moyers, T. B., Martin, T., Manuel, J. K., Miller, W. R., & Ernst, D. (2010). Revised global scales: Motivational Interviewing Treatment Integrity 3.1.1 (MITI 3.1.1). Available at: http://casaa.unm.edu/download/MITI3_1.pdf
- Martins, R. K., & McNeil, D. W. (2009). Review of Motivational Interviewing in promoting health behaviors. *Clinical Psychology Review*, 29(4), 283–293. <https://doi.org/10.1016/j.cpr.2009.02.001>
- Hancock, K., Davidson, P. M., Daly, J., Webber, D., & Chang, E. (2005). An exploration of the usefulness of motivational interviewing in facilitating secondary prevention gains in cardiac rehabilitation. *Journal of Cardiopulmonary Rehabilitation*, 25(4), 200–206.
- Baron-Epel, O., Levir-Zamir, D., Satran-Argaman, C., Livny, M., Amit, N. (2004). A participatory process for developing quality assurance tools for health education programs. *Patient Education and Counseling* 54, 213–219.
- At least 5 current articles (reviews) from the project-topic (educational programs in a given chronic somatic disease)

Recommended reading list

- Arkowitz, H., Westra, H. A., Miller, W. R., & Rollnick, S. (2008). *Motivational interviewing in the treatment of psychological problems*. New York: Guilford.
- Hohman, M. (2012). *Motivational interviewing in social work practice*. New York: Guilford. (available late October, 2011)
- Rollnick, S., Miller, W. R., & Butler, C. C. (2008). *Motivational interviewing in health care*. New York: Guilford Press.