



<b>CME COURSE TITLE</b>	<b>Motivational interviewing in Addiction: How can we help Patients Change Behaviour and Habits?</b>
<b>COURSE DIRECTOR AND CO-DIRECTOR</b>	<b>G. Schippers<sup>1</sup>, L. De Backer<sup>2</sup></b> Institute(s): <sup>1</sup> : Amsterdam Institute for Addiction Research (AIAR), Academic Medical Centre - Dept. of Psychiatry and Addiction - PA.1-173, Amsterdam, The Netherlands <sup>2</sup> : Addiction, Brothers Alexian Hospital, Boechout, Belgium
<b>COURSE LEVEL</b>	Basic
<b>EDUCATIONAL OBJECTIVES</b>	This introduction in Motivational Interviewing will present an overview of the development, the techniques, and the style of motivational interviewing. It will present some of the findings from the enormous amounts of research, showing the effectiveness and disentangle the mechanisms of this method. A demonstration will be given how motivational interviewing can support engaging with clients and to facilitate their process of change. The presentation will adapt to a non-native English speaking audience. Target audience are young psychiatrists, since MI is often a gap in psychiatric training, although all of us treat patients with addiction or needs to change lifestyle.
<b>COURSE DESCRIPTION</b>	Motivational interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. The method has been developed within the field of substance abuse treatment, but spread widely and has been found effective in almost all fields in general and mental health care. In particular where people can be helped in acquiring and maintaining behaviour and attitudinal changes, like life style habits, medication compliance, practicing, and important life decisions. Motivational interviewing combines a more directive and non-directive style of interviewing and is based on partnership and evocation. Self-administered change is reached by eliciting, recognizing and reacting to change talk. Sustain talk and discords are elegantly avoided. The presentation will adapt to a non-native English speaking audience. The idea for this CME course came from the ECP's and the Section of Addictive Disorders, and aims at young psychiatrists. After the course participants will have an idea of reflective listening, of looking for and promote language of change, of diminishing resistance, and of creating some change in behaviour. Since it is a very basic conversational technique, we would like to make it an ECP friendly course, with participants < 40years of age, aiming at young psychiatrists and trainees. A CME course, because 4 hours is a minimum to teach basics as an introduction to Motivational Interviewing.
<b>COURSE METHODS AND MATERIAL</b>	Role play;video;slides;handouts
<b>RECOMMENDED READINGS</b>	Miller, W.R., & Rollnick, S. (2013). Motivational interviewing. Helping people change. (3e edition) New York: The Guilford Press.
<b>TARGET AUDIENCE</b>	Target audience are psychiatric trainees and young psychiatrists from all over the world, with a knowledge of basic English.
<b>EARLY CAREER PSYCHIATRISTS</b>	Yes
<b>LANGUAGE</b>	English