

Motivational Interviewing Concepts in Occupational Health (On-Demand)

About this course

Faculty: Blickenstaff

[Faculty Bio](#)

Intended Audience: Licensed healthcare professionals - Physical Therapist, Occupational Therapist, Physical Therapist Assistant, Occupational Therapist Assistant, Athletic Trainer, Certified/Registered Kinesiologist. Consideration of other state registered, or licensed health/safety personnel based on background.

[Additional course information](#)

Program Level (AOTA): Introductory

Delivery: Distance Learning Online On-Demand; administered through the WorkWell Provider Learning Center

General Teaching Method Overview:
Lecture, Video case study, Quiz

Duration: Course is self-paced and is expected to take approximately 1.25 hours to complete.

Contact Hours: 1.25 hours

Completion Requirements: Complete the eLearning track, obtain passing quiz score of 80% or higher, and completion of course evaluation.

CEU Credit:

Approved by APTA Michigan for 1.25 contact hours - CEULocker# 150782

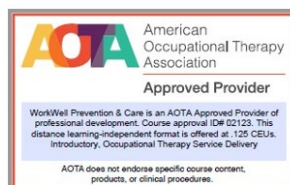
Motivational interviewing is a client centered behavioral approach focused on establishing a mutually trusting and respectful relationship to help foster motivation and move an individual toward healthy behavior change. This interactive session will introduce providers to components of motivational interviewing that can help enhance worker confidence in decision making and planning for positive return to work or health outcomes.

This one hour on-demand session covers the same general content as the two hour online live/interactive session and includes video examples.

Learning Objectives:

At the end of the training, participants will be able to-

1. Describe the 4 components of Motivational Interviewing.
2. Provide an Occupational Health specific example of each of the components.
3. Recognize 5 different narrative indicators for change.



Course Outline & Agenda

Approx. Time	Outline Content Areas	Learning Method/content
7 min	Introduction to Motivational Interviewing	Power point video lecture
18 min	When and Why Might Motivational Interviewing be Used?	Power point video lecture
15 min	Foundational Principles and How to Utilize Motivational Interviewing	Power point video lecture
13 min	Motivational Interviewing Video Examples – Open Ended Questions and Affirmations	Power point video examples
12 min	Reflective Statements and Putting it All Together – more Video Examples	Power point video lecture and video examples
3 min	Motivational Interviewing Summary and Closing	Power point video lecture
	Quiz score of 80% is required to pass the course	Quiz/assessment

Equipment for Implementation: None specific to training.

Required equipment for training: Computer with internet access and speakers; individual log in credentials for the WorkWell Provider Learning Center

This course is “free” and with your facility's WorkWell Easy Train Membership. If your facility does not have an Easy Train Membership, [learn about Easy Train](#) on our website.

Email provider@workwellpc.com with any questions about the WorkWell Provider Learning Center.