

Monarch System: **Motivational Interviewing**: Level I Workshop for the CAPD/ACDP



Descriptive Outline for the 1 Day Workshop to be presented by *The Monarch System™ Inc* at the CAPD/ACDP conference in Ottawa, Ontario, 19 September 2019

Note to Participants: *This is a hands-on or experiential workshop with lots of work in interviewing dyads followed by discussions and integrations into your professional practices.*

Course description

This introductory full day session provides a meaningful overview of **MI** using *The Monarch System's* unique approach which integrates MI with other impactful and evidence-based behaviour change practices such as coaching methods and key elements of behaviour change theories/applications. Most importantly, we will explore and help you to acquire applied techniques to use with your patients in your day-to-day practice. You will learn how to build motivation and transition that enhanced motivation into a strengthened and real commitment to healthier oral health behaviours. We will teach you different ways to use such elements as presence, competence views, compelling questions, reflective listening, readiness to change and change talk, tagging values onto desired behaviour changes, and moving with apparent-resistance in service of your patients' health-related behaviours in lifelong care.

Learning Objectives & Relevance to Dental Professionals

At the end of our workshop on Motivational Interviewing & Coaching skills for the CAPD/ACDP, participants will be better able to:

- incorporate a repertoire of motivational skills into their professional toolbox;
- build motivation and commitment with their patients;
- collaborate with more engaged patients to design a working partnership for both shifting and managing their behaviours;
- work with people's resistance toward improved motivation re specific health goals;
- reduce professional burnout by learning to incorporate motivational interviewing skills into their work;
- facilitate people's real and authentic commitment to making important, short- and especially long-term behaviour changes.

Workshop Facilitators:



*Dr. Jennifer Irwin and Dr. Don Morrow both are award winning teachers, certified professional coaches trained and accredited with both the Coaches Training Institute and the International Coach Federation, and experienced, competent Motivational Interviewing (MI) workshop Facilitators. Both of them are also university professors, widely published authors, and proficient presenters to groups varying from small workshops to very large groups (up to 1200). Dr. Irwin is a health behaviourist and Dr. Morrow holds his PhD in the health sciences and together, they bring over 40 years of combined, professional experience to their work. They co-lead a pioneering MI-related and evidence-based research program that specializes in healthy body weight promotion and obesity reduction and prevention among youth and adults, and smoking cessation among young adults. As co-owners of The Monarch System™ Inc., our mission is to be change agent partners with health professionals who strive to motivate their clients toward sustainable healthy behaviour choices and actions. **With specific respect to dentistry and oral health care**, they have presented Motivational Interviewing workshops to some 6 or 7 full dental practices in Ontario as well as to international dental organizations such as: The Irish Association for Disability & Oral Health; the Irish Dental Association; the Australian Association for Disability & Oral Health; the European Association for Dental Education; and the International Association for Pediatric Dentistry. Finally, they have published articles specific to the use of Motivational Interviewing in oral health care in [Ontario Dentist](#) journal and in [SPECTRUM Dental Teamwork](#). Please see The Monarch System website for more details on their workshops, research, and events.*

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