Motivational Interviewing is a clinical tool that can be applied to all pharmaceutical care. Health care professionals may unintentionally make assumptions about why patients are not adherent to their medication or treatment regimen. This suggests that this may be the conversation left unsaid that truly lies behind patient non-adherence. The interviewing process uncovers a patient’s desire, need, and reasons for change or ambivalence towards change. In this course, pharmacists will learn the basic principles and skills of motivational interviewing as well as strategies for implementation. This introduction to motivational interviewing provides realistic case examples and sample dialogue so pharmacists can integrate motivational interviewing into practice.

Learning Objectives
At the end of this module on motivational interviewing, the pharmacist will be able to:

1. List the 4 main principles of motivational interviewing;
2. Identify the 4 skills necessary to implement motivational interviewing;
3. Describe potential barriers with implementing motivational interviewing; and
4. Identify specific strategies to enhance behavior change in three populations: low literacy, children, and medically complex adults.

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Successful Completion: Learners must complete all practice based activity components including the audiovisual presentations, post-test, and Activity Evaluation. Participants must receive a score of at least 70% on the post-test in order to receive credit. The post-test may be taken up to three (3) times. A link to the Activity Evaluation will be available on the confirmation once a learner has successfully completed the post-test. Statements of CE Credit will be available electronically via CPE Monitor within sixty (60) days of completion of the activity.

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