

Motivational Interviewing for Perinatal Behavioral Health Care Engagement

Workshop Description

This workshop will provide introductory-level skills and knowledge training in Motivational Interviewing (MI) as applied to all major aspects of engaging pregnant and postpartum women in behavioral health care. MI is an evidence based, patient-centered approach to communication that has been shown to improve engagement, adherence and behavior change. Despite the increase in awareness and interventions aimed towards improving perinatal behavioral health outcomes in recent years, many women do not follow through with recommended and indicated behavioral health interventions. Specific engagement behaviors about which women have ambivalence may include follow through with behavioral health referrals post-screening in primary care, adherence to medications or psychotherapeutic interventions, sleep interventions or other self-care behaviors. Specific workshop activities and foci will include: 1) an overview of MI and its evidence base; 2) applications to perinatal behavioral health; 3) description of key components of MI, 4) interactive practice of core MI engagement skills, 5) information on how to achieve proficiency in MI. At the conclusion of the workshop, participants will understand what MI is and what it is not, and will have adequate exposure to begin using and refining MI skills in perinatal contexts.

Workshop Start Time

US - Pacific	US - Mountain	US - Central	US - Eastern	BRT (Brasilia)	BST (British Summer Time)	CEST (Central European Summer Time)	SAST (South Africa Standard Time)	IST (India Standard Time)	JST (Japan Standard Time)	AEST (Australian Eastern Standard Time)	AEDT (Australian Eastern Daylight Time)
Mon 8:30 AM	Mon 9:30 AM	Mon 10:30 AM	Mon 11:30 AM	Mon 12:30 PM	Mon 4:30 PM	Mon 5:30 PM	Mon 5:30 PM	Mon 9:00 PM	Mon 12:30 AM	Tue 2:30 AM	Tue 3:30 AM

Registration Fee

\$75

Target Audience

Professionals who work with perinatal women in any context and have conversations about behavioral health or behavior change.

Presented by

Heather A. Flynn, Ph.D

Heather A. Flynn, Ph.D. is a clinical psychologist and Professor and Vice Chair at the Florida State University (FSU), College of Medicine in the Department of Behavioral Sciences and Social Medicine. Dr. Flynn's research is focused on improved identification and treatment of behavioral health disorders in women, especially around the time of childbearing. Her studies are specifically aimed at developing and testing psychotherapeutic treatments for depression and co-occurring behavioral risk issues in medical and community settings. She is the Co-Chair of the Florida Maternal Mental Health Collaborative (www.flmomsmatter.org), and the Chair of the Women & Mood Disorders Task Group within the National Network of Depression Centers (www.nndc.org). Dr. Flynn is a member of the Motivational Interviewing Network of Trainers (MINT) and has been conducting training and supervision in MI with various settings and professionals for over 15 years. She is also a trainer and supervisor in other behavioral

interventions such as Interpersonal Psychotherapy for Depression and serves on the Executive Board of the International Society for Interpersonal Psychotherapy.