

You've received this email because you signed up or made a purchase at <http://www.TrainingWithDrEllen.com>

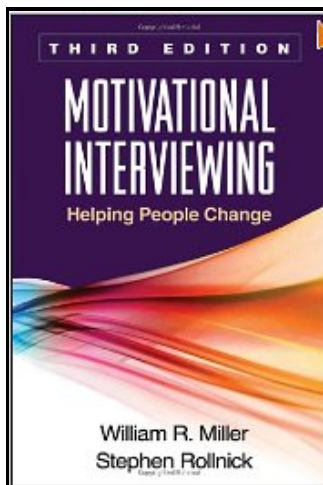


Training with Dr. Ellen
Training and Consultation in Motivational Interviewing



ISSUE #9 - October 2012

Books I Recommend



The new book by Miller and Rollnick, the "founding fathers" of MI, is called Motivational Interviewing: Helping People Change. This is an updated version of the 2002 text on MI, **but it is more than**

just a textbook.

Miller and Rollnick have created a new paradigm for MI. They now present the "four processes" used in the approach, engaging, focusing, evoking and planning. The idea is that these processes are overarching concepts that guide the clinician in using MI, and with these the specific listening and behavior change techniques are used.

This book is very readable, and instructive with many case examples and explanations of the concepts in very clear language. I find Miller and Rollnick's work to be a real joy to read!

Motivational Interviewing: Helping People Change, 3rd ed, Guilford Press, 2012.

Feature Article: [Empower Yourself, Change Your Life](#)

From Dr. Ellen's Blog: [Using Powerful Activities in Workshops for the Public](#)

The Changing Times

Motivational Interviewing for Positive Behavior Change

Dear Friend,

Recently I have discovered a new way to use my skills as a Motivational Interviewing trainer. I'm really very excited about this! I have adapted my MI trainings for professionals for use with lay people, and this has been very successful. I traveled to Philadelphia last week to provide a workshop, **Empower Yourself, Change Your Life**, for patients and their families. I was somewhat anxious about doing this, since it's really an adaptation of MI, but it was very well received. Participants told me it really helped them to think about their lives and the process of changing things that would improve the quality of their lives.

This new way of using my MI training skills is really quite wonderful, and gives me an opportunity to be creative with my professional skills!

Ellen

[Click here to view on Amazon](#)

Where is Dr. Ellen?

October 22 - Lecturer at the National Society for Genetic Counselors Conference, Boston, MA

November 4 - Workshop for Gaucher disease patients, "Empower Yourself, Change Your Life" [National Gaucher Foundation](#), Pittsburgh, PA

November 10 - Workshop Trainer, MI for Health Behavior Change, CT - Children's Medical Center, East Hartford, CT

November 29 - Workshop Trainer, Cambridge Health Alliance, Cambridge, MA

December 5 and 6 - Workshop trainer, MI for Health Behavior Change, Medical Care Development, Portland, ME

December 8 - Lecture at Harvard University Eating Disorders Annual Conference, MI and Eating Disorders

Contact Us

**Training with Dr. Ellen
Waltham, MA 02451
USA**

Phone: 781.890.1618

ellen@trainingwithdellen.com

P.S. I stated in my September newsletter that I would cover Part 2 of The 4 Processes of Motivational Interviewing. I discussed the first two processes, Engaging and Evoking and was to discuss the last two processes, Focusing and Planning in the October newsletter. However, I was so thrilled to bring you lessons from my Empower Yourself, Change Your Life workshop, I decided postpone Part 2 and revisit this topic in the November newsletter.

As always, please feel free to [email me](#) with any questions. ~Ellen~

Empower Yourself, Change Your Life

[back to top](#)

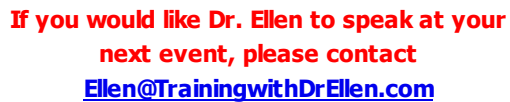
I have done some training work for [Genzyme, Inc.](#), training their genetic counselors and patient liasons. Genzyme manufactures medications to treat genetic diseases such as Gaucher, Fabrey and Pompe diseases. These are inherited disorders of metabolism that cause a variety of problems, including bone and joint pain, weak or fragile bones, easy bleeding and bruising, anemia and fatigue. These physical problems can cause serious pain and disability. The medications only stop the progression of these disorders, but don't cure them, so patients must continue to use the meds for a lifetime. Genzyme has hired me to train these professionals in Motivational Interviewing, and this training has been extremely well received.

Recently I was hired by the National Gaucher Foundation to adapt the MI training for patients and families, and did the first such program last week. (Here's the [link](#) to the event brochure) I talked with them about How to talk with yourself about change, and about the spirit of MI, including being gentle with yourself about changing behavior. We did several exercises together, including asking them to write about something they have successfully changed already. I asked them to write

about the process of change, and who or what helped them to be successful. Participants then shared some of what they wrote, and discussed ways to be successful in changing behavior.

We did several other exercises, all designed to help participants clarify their goals regarding possible changes about which they feel ambivalent. I pointed out that most of us have things we think we should change, but haven't changed yet, that is something we are ambivalent about. We explored some of these possible changes and examined our long term goals and values to see if these proposed changes fit with those values. I describe one of these exercises in my blog below or you can click [here](#), if you would like more information on this.

The National Gaucher Foundation and the
Comprehensive Lysosomal Center for Children and Adults
at Children's Hospital of Philadelphia



Briefly, each person is first asked to think about a goal they have in mind for the immediate future. This can be a change in behavior, or some other thing they would like to accomplish. Each person is then given a baggie containing a set of 90 cards, with possible values that people might have printed on them. The first three cards say "Very Important To Me", "Important To Me" and "Less Important To Me". The other cards have value statements such as "Achievement: to have important accomplishments", "Caring: to care for others", "Comfort: to have a pleasant and comfortable life".

[Read more](#)



Training With Dr. Ellen
Waltham, MA 02451
781.890.1618

Training With Dr. Ellen

[Click Here](#) to view this newsletter in PDF format and download.