**Motivational Interviewing: Creating Behavior Change in Patients with MSK Problems**

**Saturday March 1, 2025
8:00am - 6:00pm
*(extra long lunch to enjoy the Iditarod Race festivities)***

**This course has been approved for 8 contact hours (.8 CEUs) for PTs and PTAs from the Alaska APTA Administration.**

**APTA AK Approval #12-05-24-01**

Cost is $130 for APTA members and $180 for non-APTA members. Once your submission has processed, you will receive an invoice to the email you listed within 48 hours.

Why learn about Motivational Interviewing (MI): Physical therapy practice is in a constant state of change. The evidence-based orthopedic manual physical therapist is being asked to become more psychologically informed to better manage patients with chronic pain. Today’s physical therapists are being challenged with more patients who struggle with behavior change and maladaptive belief systems than ever before. Motivational interviewing (MI) is becoming more popular in musculoskeletal medicine due to superior outcomes it can achieve in comparison to other standard approaches. Other disciplines in healthcare utilize MI to help treat drug addiction, tobacco addiction, alcohol abuse, psychological disorders, and most recently, with chronic pain behaviors associated with opioid addiction. This session on MI will arm the physical therapist with skills to help them navigate through an evaluation using MI-consistent language, improve patient adherence to home exercise programs, and help guide patients to replace maladaptive beliefs with a healthier understanding of their body.

**What will I learn:**

This full day session will be a combination of lecture /lab format to educate the participants about the use of motivational interviewing (MI) within the physical therapy scope of practice. There will be several videos demonstrating MI in practice. Many strategies to improve the patient interview to achieve superior behavior changes from a physical therapy session will be covered. Participants will have the opportunity to practice MI skills in the many breakout session to help solidify the newly learned techniques. I will use “real play” scenarios to allow for a great deal of practice of the MI skills. Participants will have a full bibliography and reading list to support their learning of MI.

**About the Presenter:** John graduated from Northern Arizona University in 1984. He completed the Graduate Diploma in Manipulative Therapy (GDMT) in 1991 and a Masters in Physiotherapy in 1996 from Curtin University Perth, Western Australia. He received his Doctorate in Physical Therapy (DPT) from Evidence in Motion in 2012. In 2024 he became a Member of Motivational Interviewing Network of Trainers (MINT).

John is a mentor for students in the Evidence in Motion orthopedic residency and fellowship programs and the Kaiser Permanente Northern California Orthopaedic Manual Physical Therapy Fellowship and Orthopaedic Residency Programs. He teaches orthopedic manual therapy courses all over the nation and abroad. Recently, he has focused on teaching Motivational Interviewing (MI) to physical therapists in the US and last summer at the annual IFOMPT conference in Basel Switzerland.

John is the founder of Body Logic Physical Therapy in Grass Valley, California where he still works part-time.

Additional information: <https://motivationalinterviewing.org/understanding-motivational-interviewing>

**Link for registration, note that invoice comes 48 hours after registration.** [**https://www.surveymonkey.com/r/VCM8MCQ**](https://www.surveymonkey.com/r/VCM8MCQ)

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contact: alec@unitedpt.com