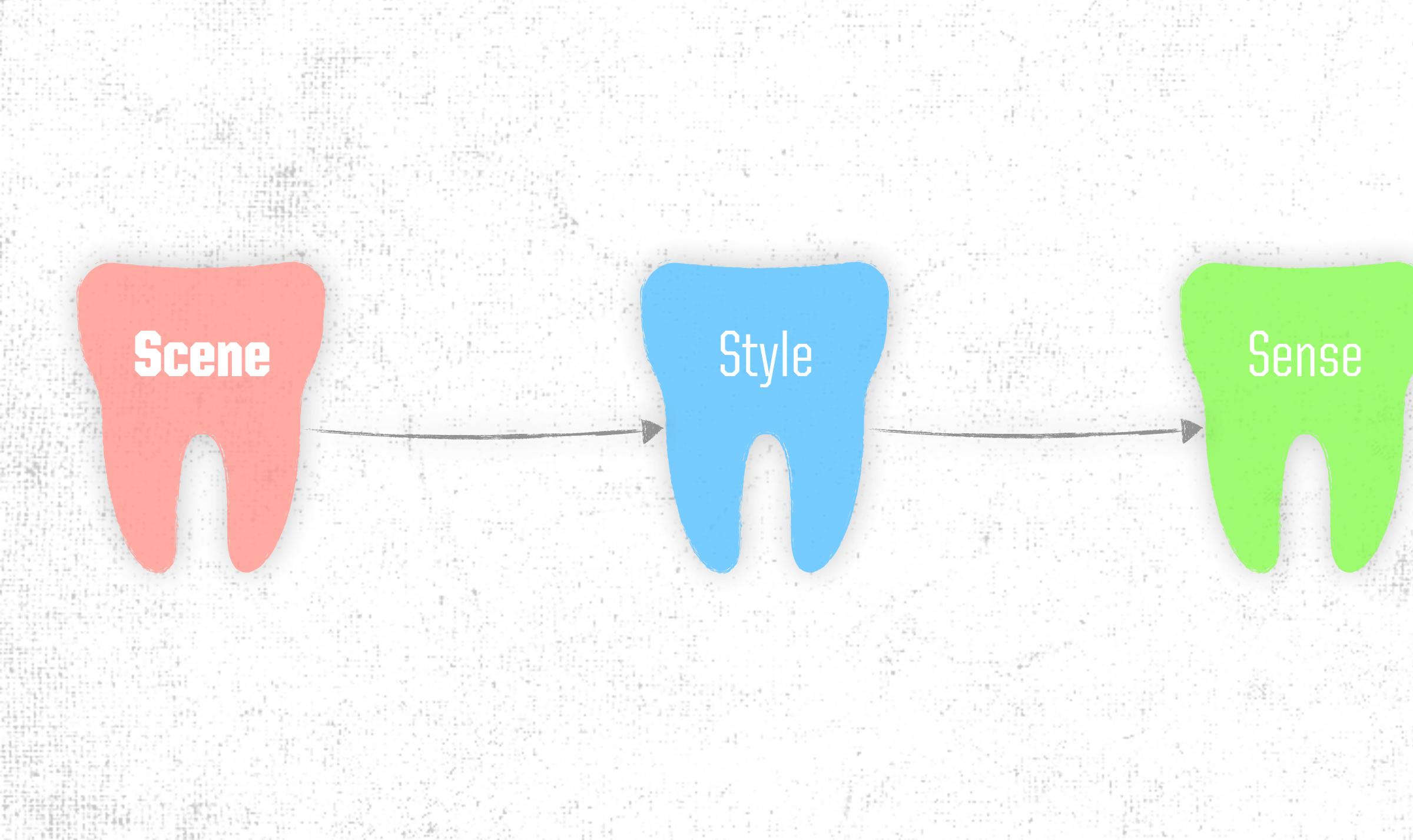


#### How the Frog Got His Teeth Using Motivational Interviewing To Help Patients Tell Compelling Stories

#### Dr. Matthew Allen, DDS 8 November 2018



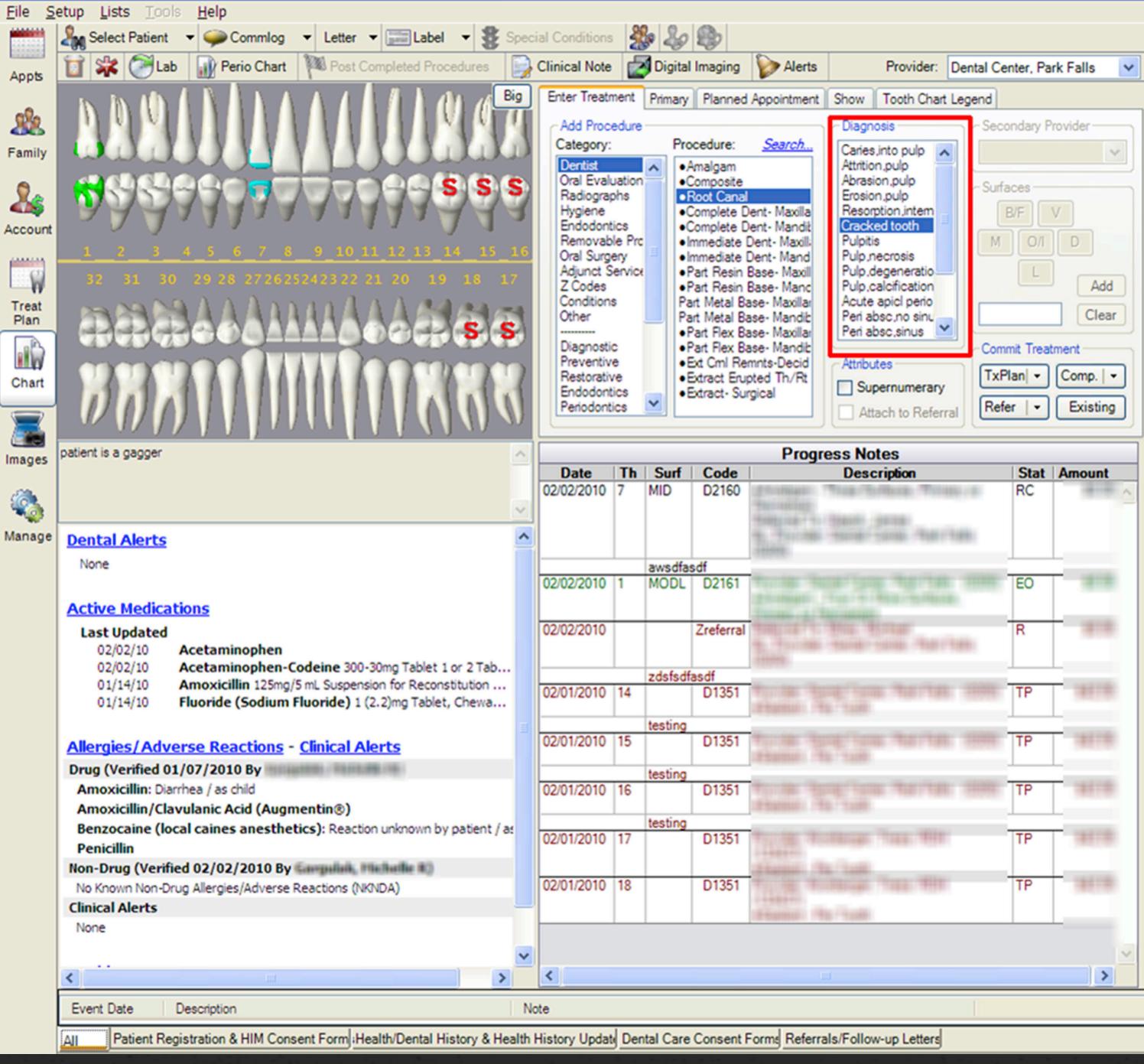
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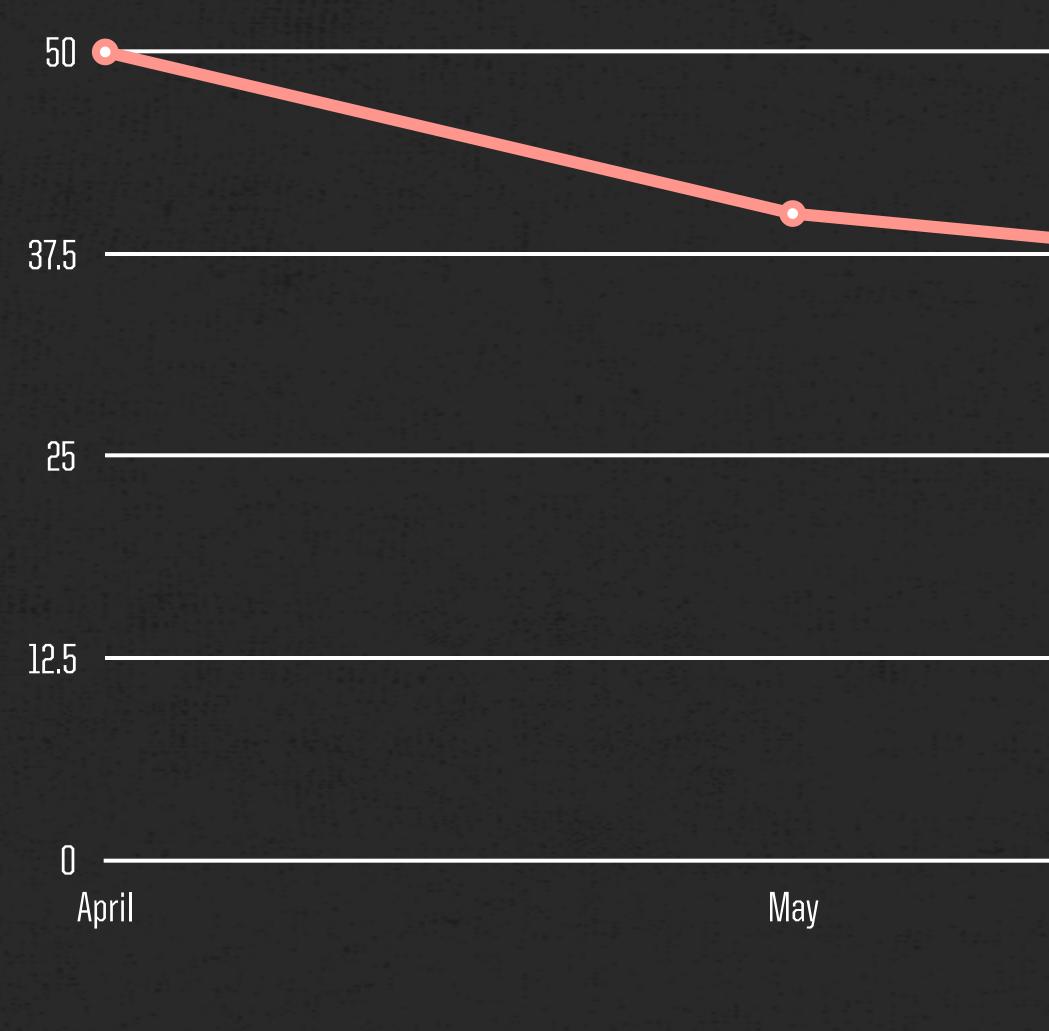


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The Journal of the American Dental Association 2018 149, 122-131DOI: (10.1016/j.adaj.2017.09.030) Copyright © 2018 American Dental Association Terms and Conditions







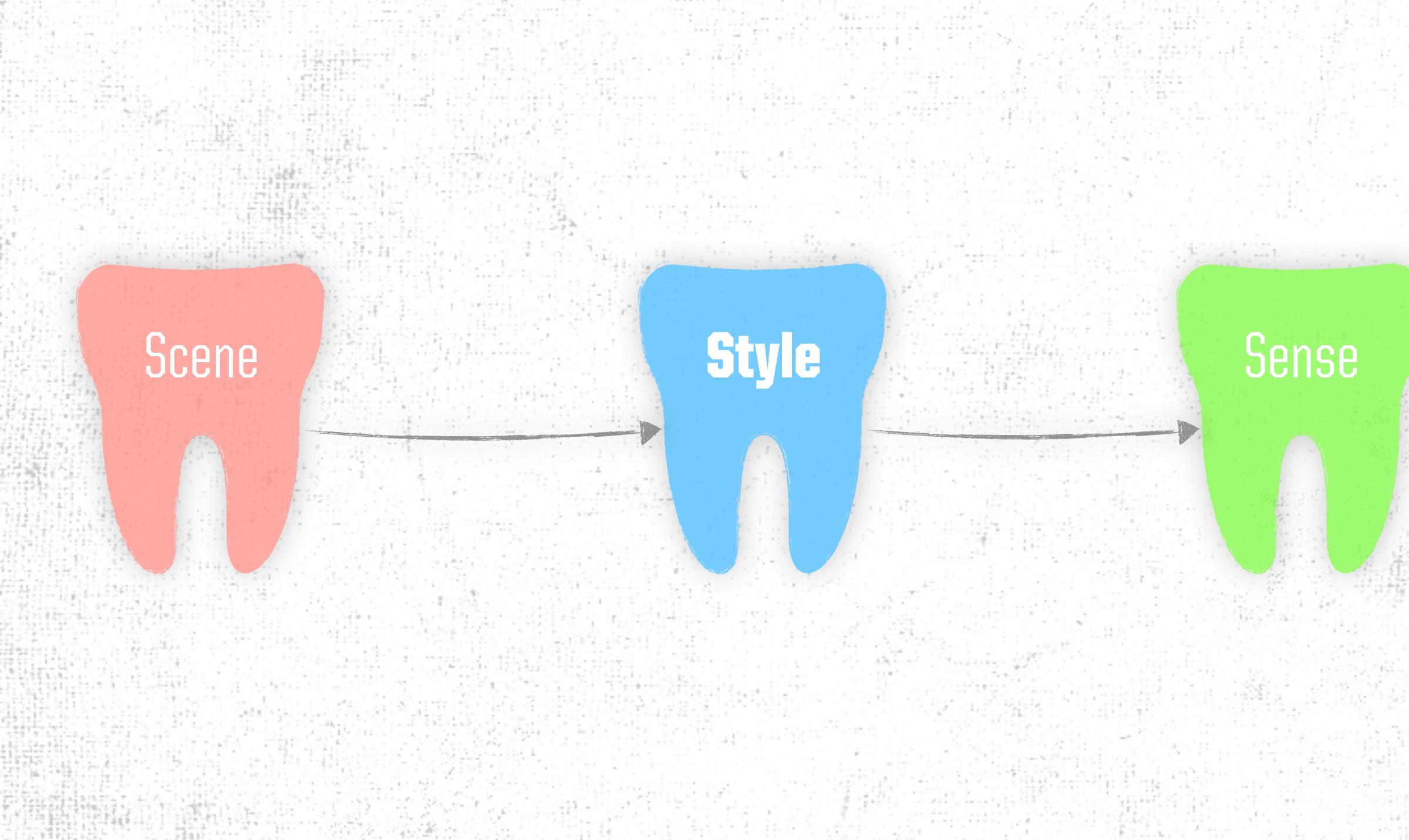
#### **Caries at Recal**



July







1.075

**Motivational interviewing** (MI) is a person-centered, guiding method of communication and counseling to elicit and strengthen motivation for change.

Miller, W. R., & Rollnick, S. 2013) Motivational interviewing: Helping people change (3rd ed.). New York, NY: Guilford Press.









## What does the evidence say?

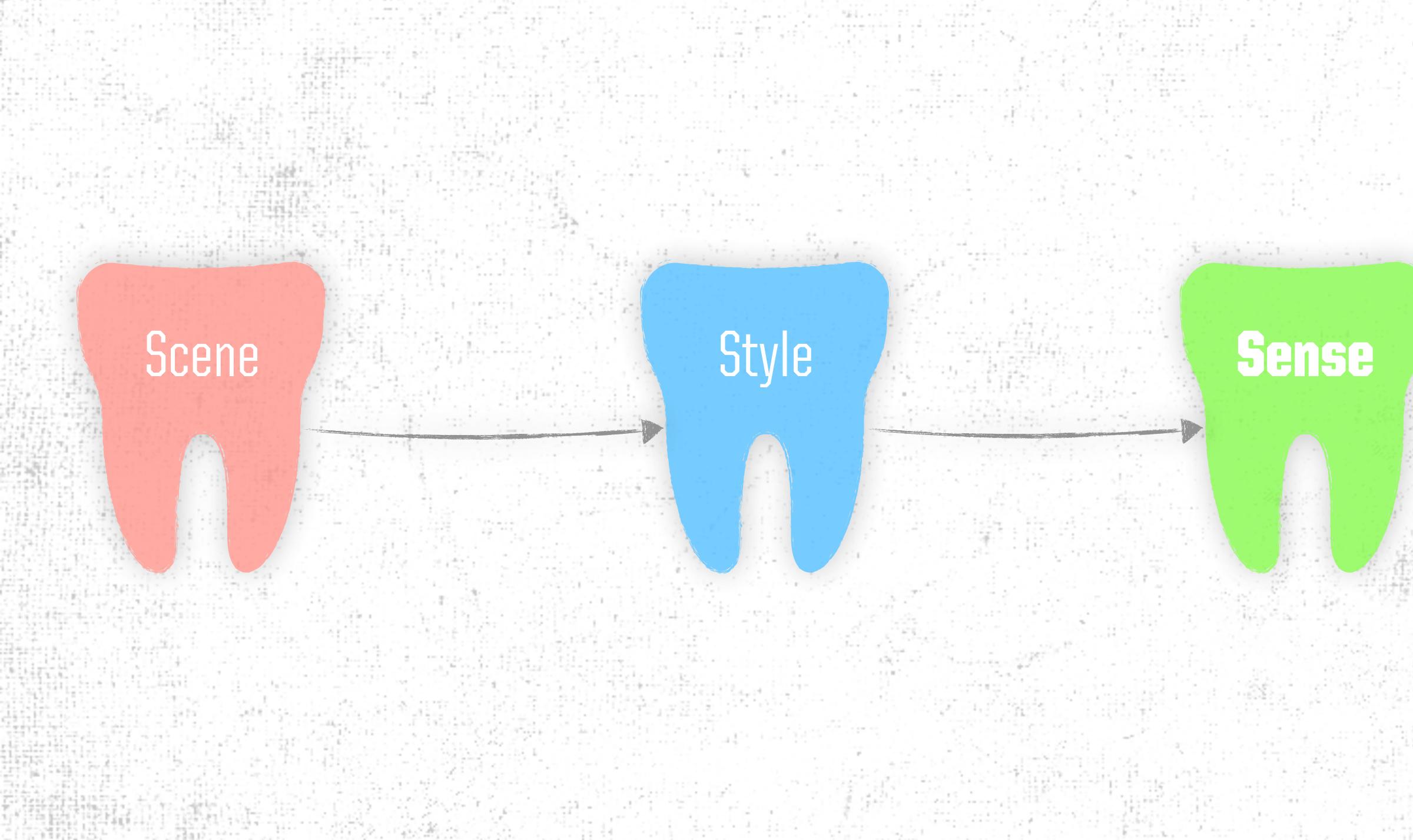
#### Information $\longrightarrow$ Increased knowledge

### Information $\rightarrow$ Increased knowledge Increased knowledge $\neq$ Engagement and participation

Joseph-Williams et al. 2014. Power imbalance prevents shared decision making. BMJ, 348: g3178.







1.075



## What promotes engagement?

### What promotes engagement?



# Desires or goals

# Importance Expectations

**I**ODE

### What promotes engagement?

Setting the table Name Role Time Agenda Ask permission

## **Reflective Listening Statements**

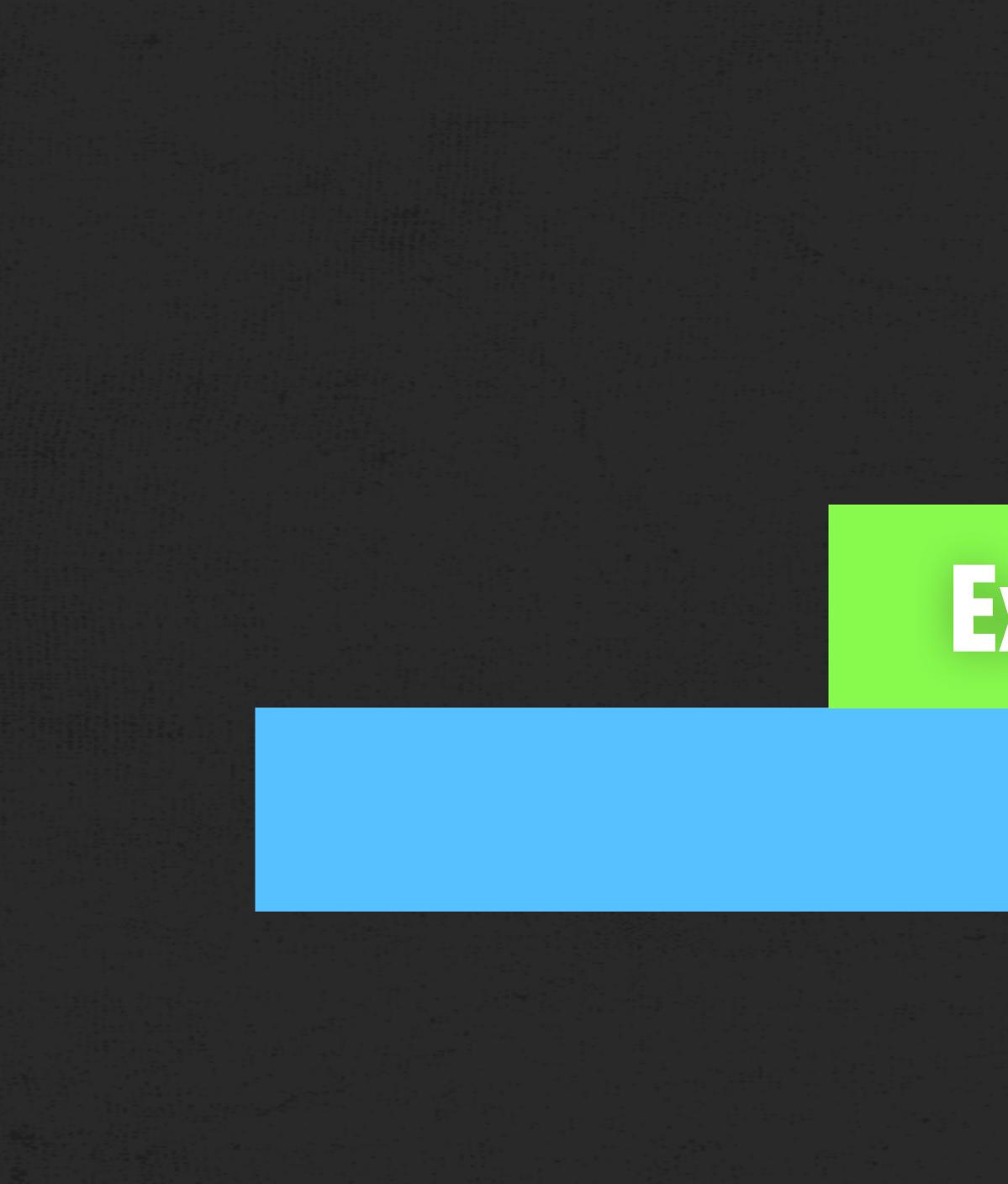
# "It's hard to remember to brush my teeth because I'm so busy."

## "I want to take care of my son's teeth, but he cries when I brush them."

"My baby cries at night unless I give him the bottle with milk. I'm exhausted. I know I shouldn't, but I'm at the end of my rope."

## Explore-Offer-Explore (EOE)

Explore What do they know?Offer Share informationExplore What do they think?



## Refections

# Explore-Offer-Explore

## Engagement



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Thank you!