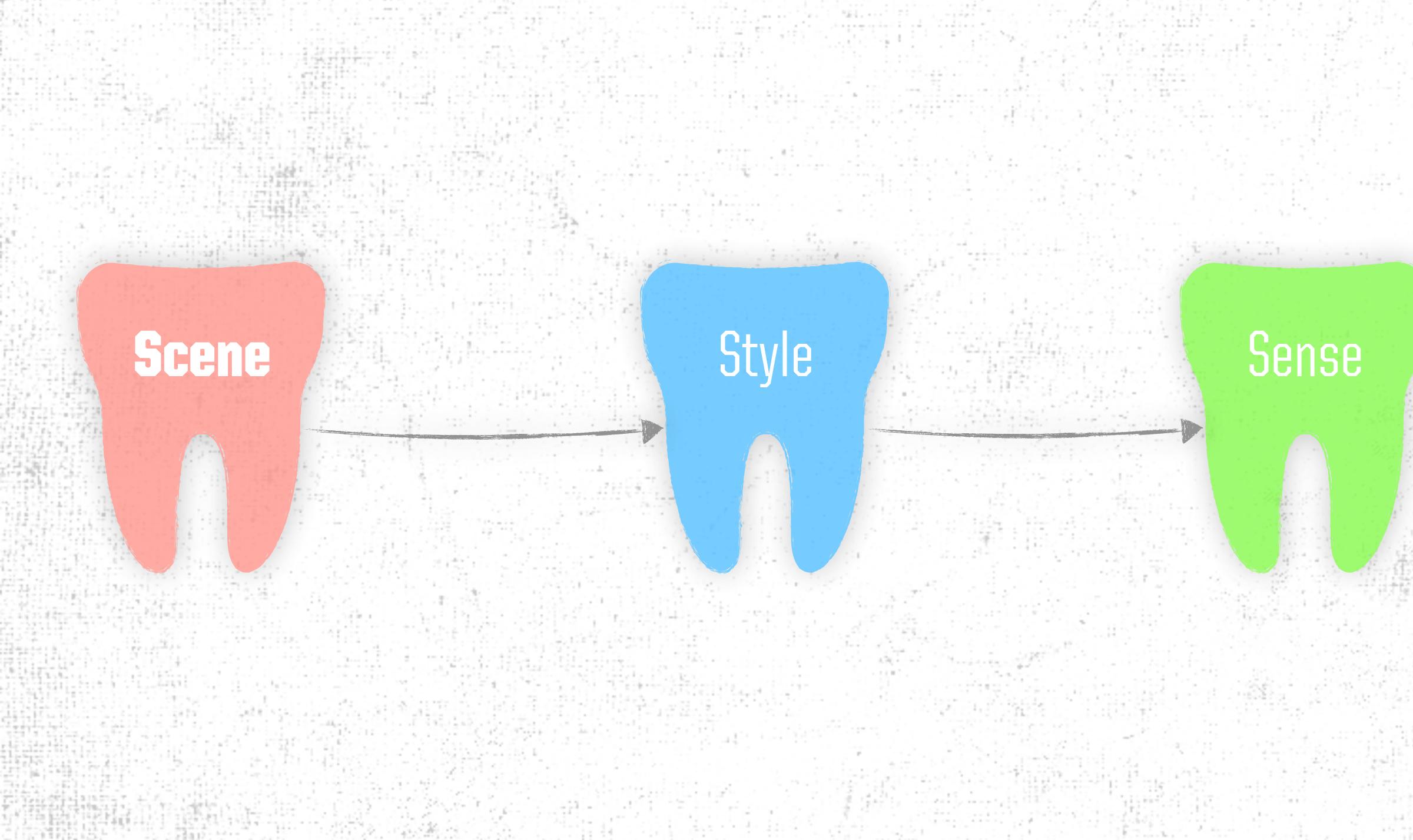


How the Frog Got His Teeth Using Motivational Interviewing To Help Patients Tell Compelling Stories

Dr. Matthew Allen, DDS 8 November 2018

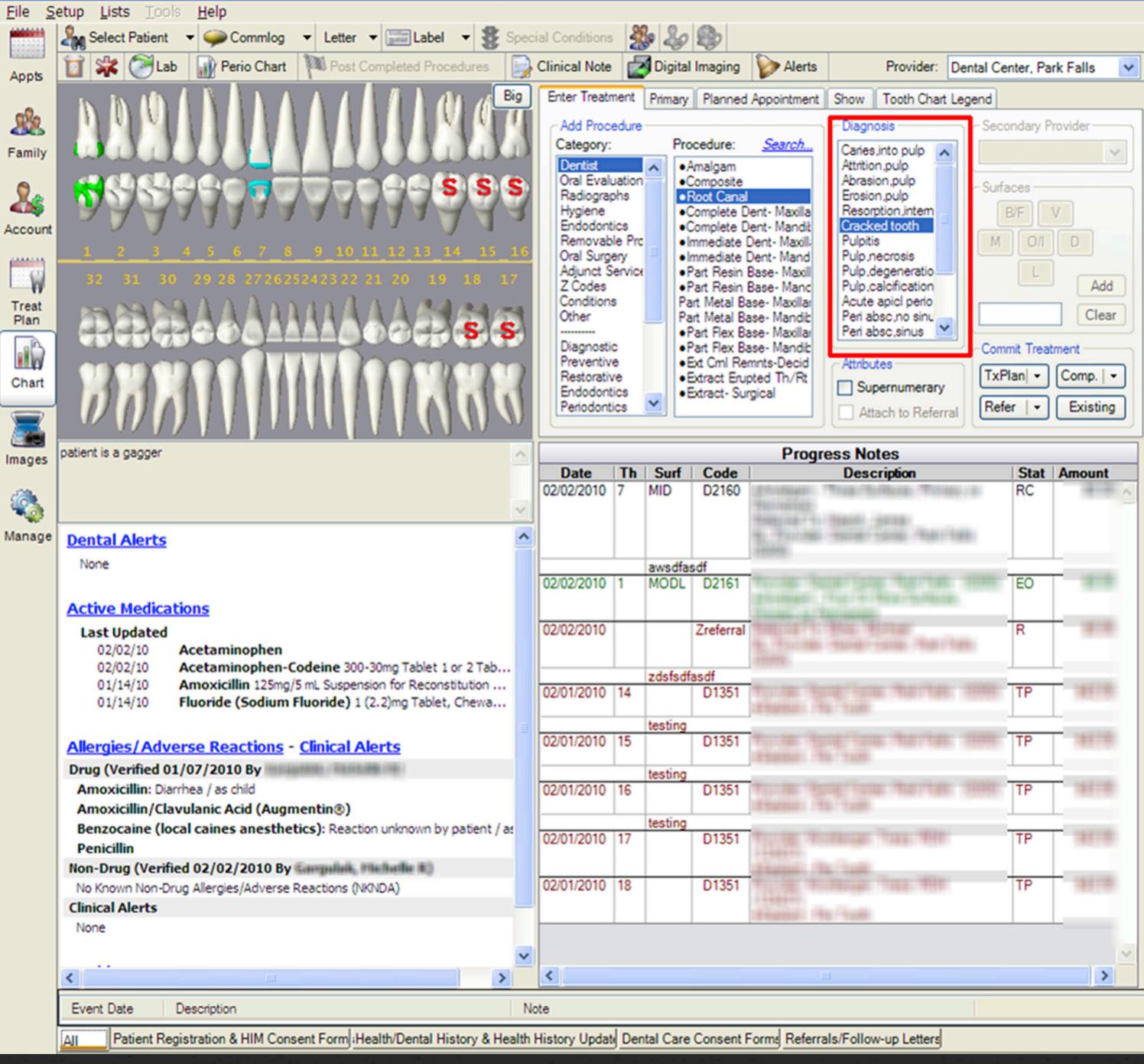


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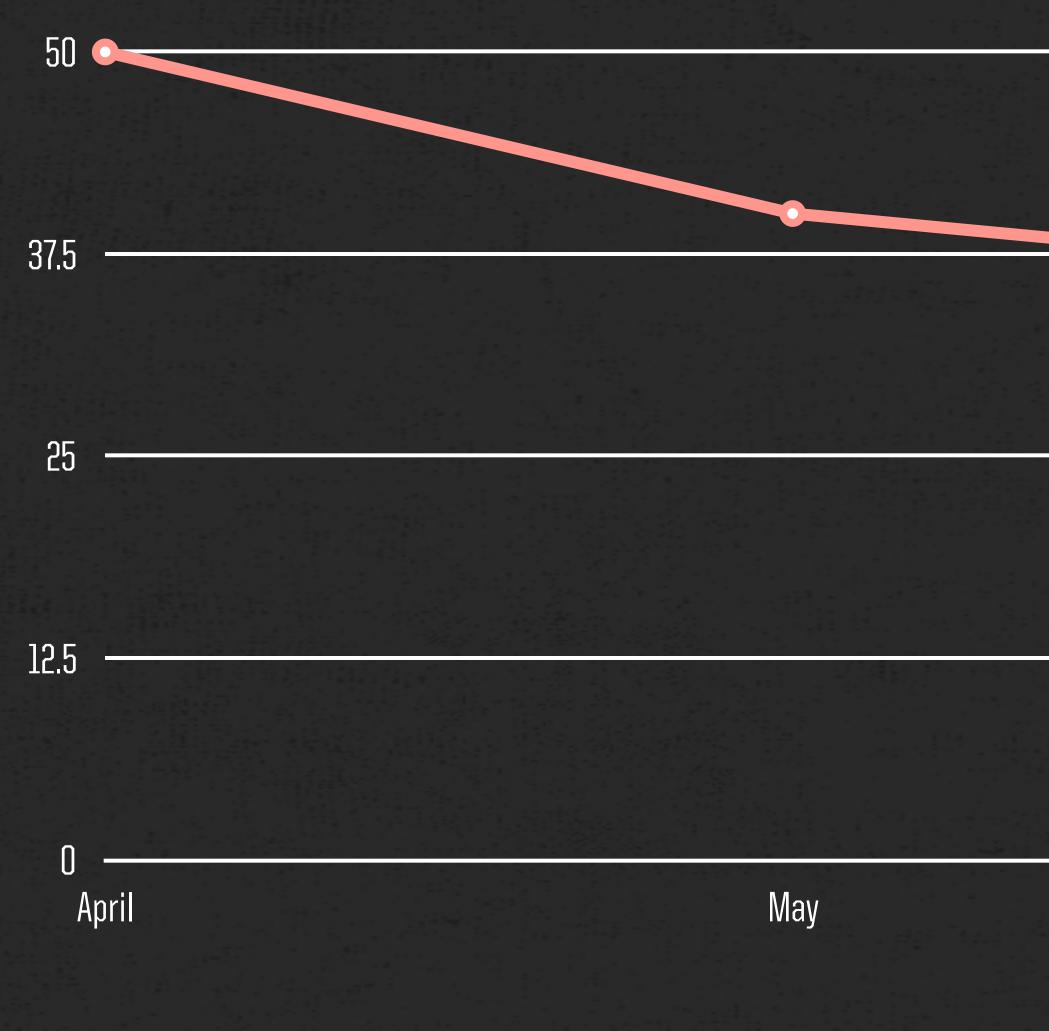


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The Journal of the American Dental Association 2018 149, 122-131DOI: (10.1016/j.adaj.2017.09.030) Copyright © 2018 American Dental Association Terms and Conditions







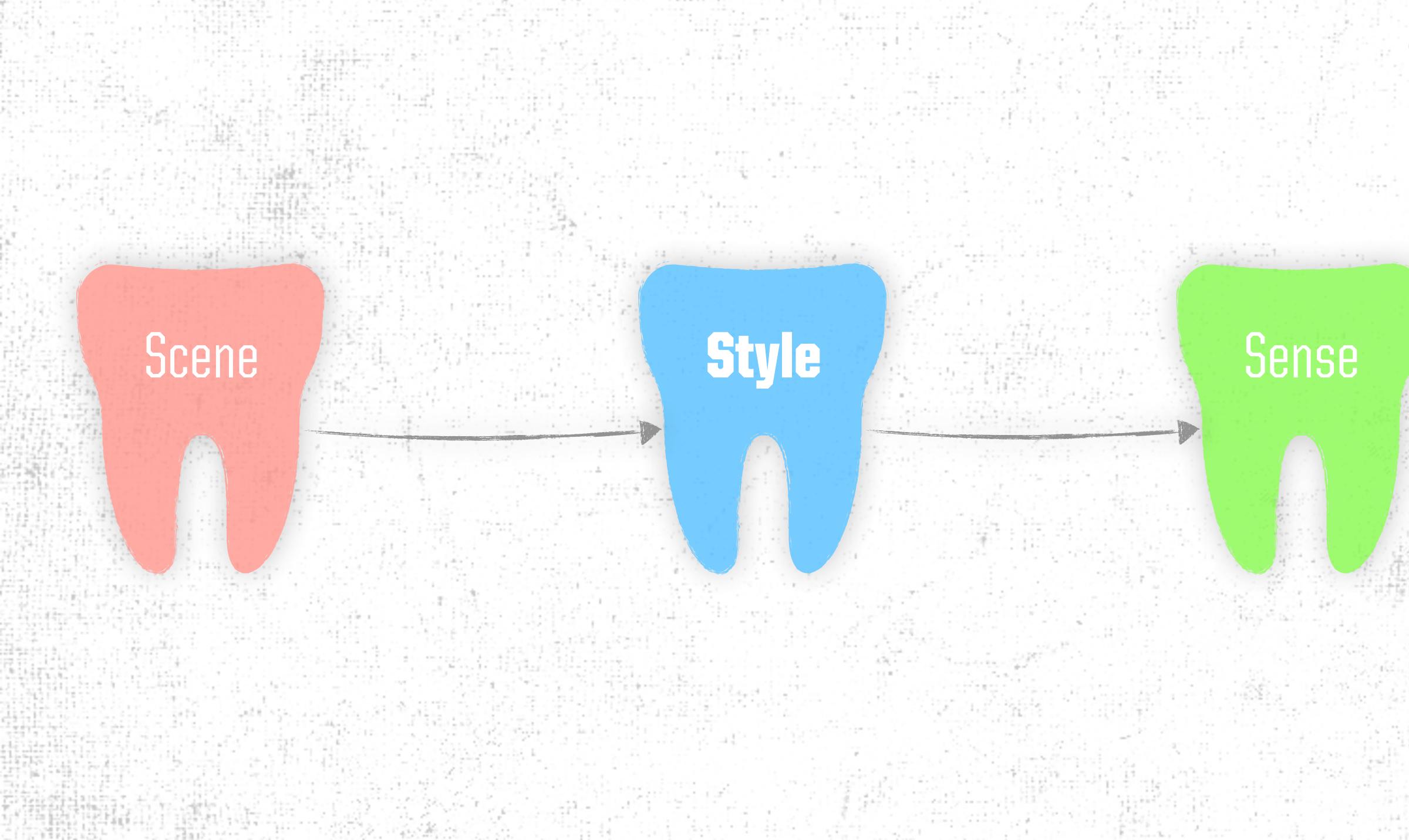
Caries at Recal



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?

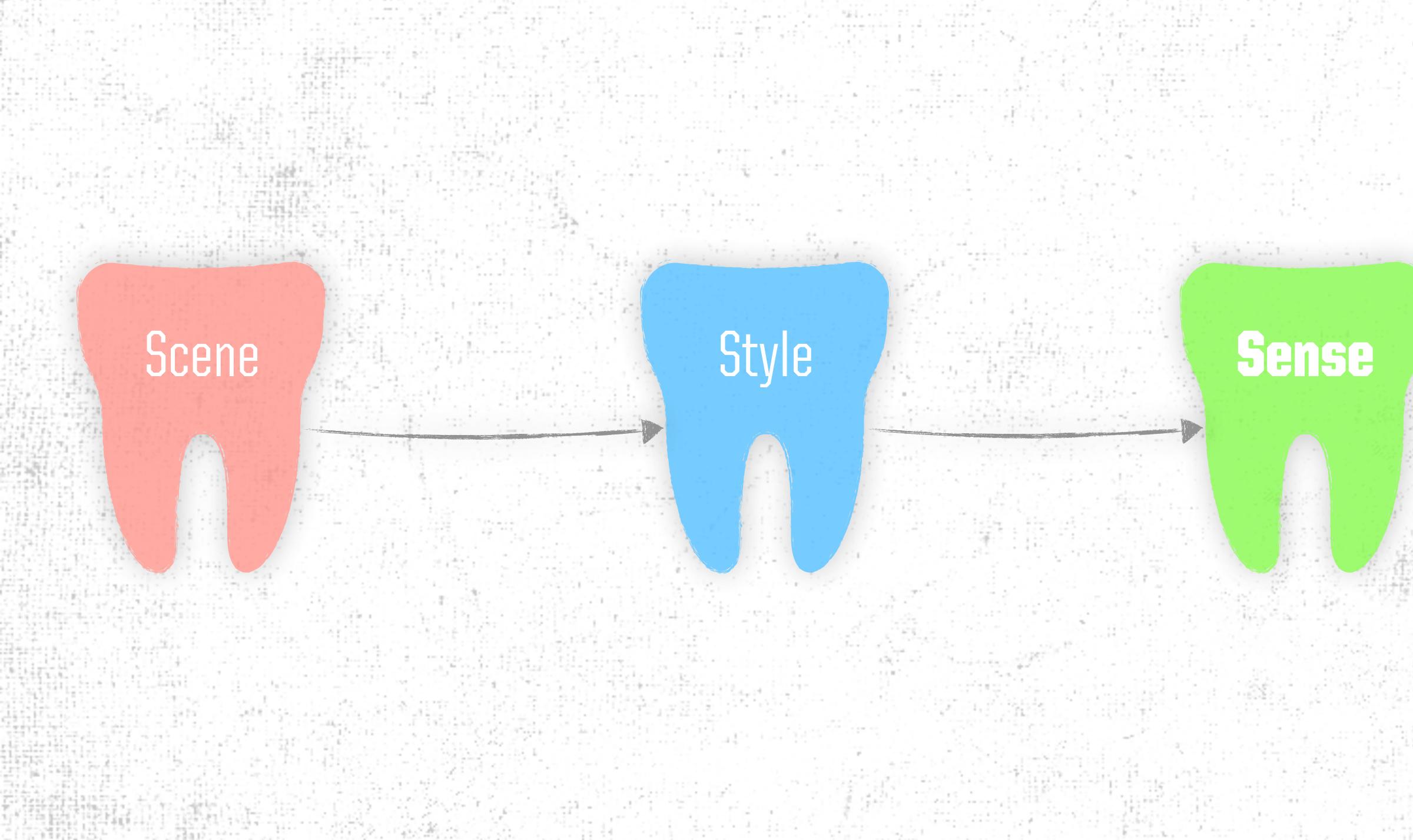
Information \longrightarrow Increased knowledge

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

IODE

What promotes engagement?

Setting the table Name Role Time Agenda Ask permission

Reflective Listening Statements

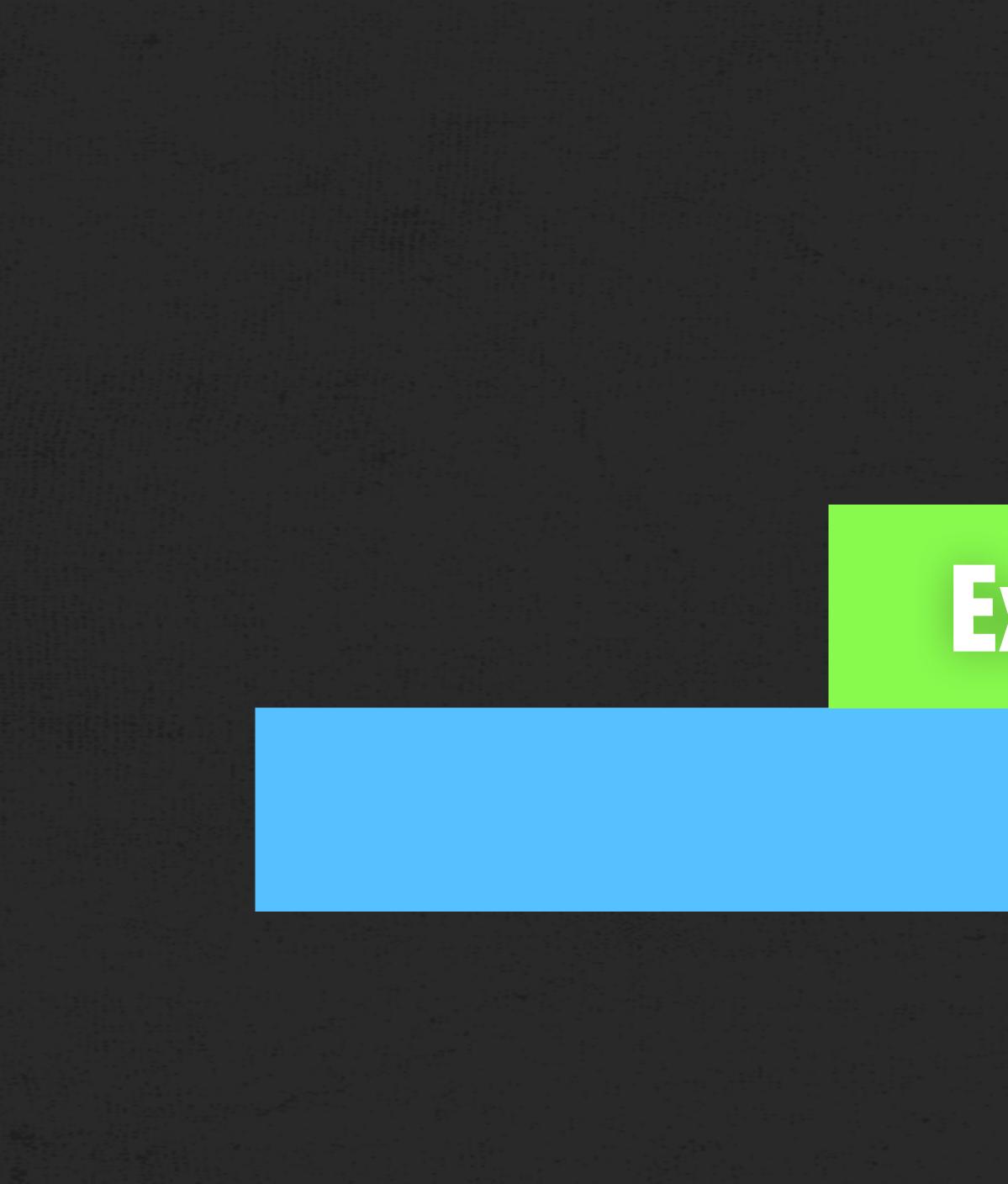
"It's hard to remember to brush my teeth because I'm so busy."

"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!