

Continuing Professional Development Lecture: Applying Motivational Interviewing in Smoking Cessation 20 August 2020

Synopsis

Many smokers are aware that smoking causes various harmful effects and they need to quit smoking for good. However, the majority of them still smoke on their next consultation visit. As healthcare professionals, we repeatedly educate our smokers, patiently and with their best interest at heart, to quit smoking. When our advice falls on deaf ears and patients become resistant or defensive, what do we do next?

Motivational Interviewing (MI) is a counselling style that helps smokers recognise and increase their internal motivation to quit. Smokers would be more open to discuss their quitting journey when this style is applied on them. Eventually, they would be able to make a commitment to quit smoking.

During this short lecture, the speaker will cover the following principles and technical skills, briefly, of MI that will enable you to have a more enjoyable and rewarding experience when you counsel smoker patients.

- The principles of MI: Expressing empathy; Developing discrepancy; Rolling with resistance; Supporting self-efficacy
- Technical Skills of MI: Asking open questions; Affirmation; Reflective listening; Summarising; Eliciting change talk

Speaker



Ms Michelle Shi
Clinical Psychologist
Department of Psychology, SGH

Michelle graduated with a Master of Psychology (Clinical) and a Degree in Nursing. She was accredited as a Tobacco Treatment Specialist by Mayo Clinic in 2009. Michelle is trained in Motivational Interviewing (MI) and she frequently adopts MI skills when working with smokers. With over 10 years of experience in tobacco treatment, she is a tireless advocate for smoking cessation.

Michelle chaired in the pre-conference workshop titled "Setting up an Inpatient Smoking Cessation Service" during the 15th World Conference on Tobacco or Health (WCTOH) in 2012. She also took part in developing the "HPB-MOH Clinical Practice Guideline on Treating Tobacco Use and Dependence 2013", particularly non-pharmacological Interventions. In recent years, she was interviewed and featured in various print and broadcast media.

Lecture Details

Date	:	20 August 2020, Thursday
Duration	:	45 minutes
Time	:	6.00 pm - 6.45 pm
Fee	:	Complimentary
Platform	:	Zoom Cloud Meetings

Target Audience

All allied health professionals

Registration

To register, scan the QR code or click on the web link.
Registration closes on **31 July 2020, Friday**.



<https://form.gov.sg/5f0276413583420013a86665>

Upon registration, you agree to the following [Terms & Conditions](#).

Limited to 150 participants per lecture.

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app.

Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.

Quick Links

- [FAQs](#)
- [PGAHI Programmes](#)
- [Training Calendar and Directory](#)