



# Level Up Your Psychosocial Approach

Combining Motivational Interviewing, Value Based Goals, and Communication Skills  
for Behavior Change in Clinical Practice

NOVEMBER 13-14, 2021 | 9AM - 1PM PST | 12PM - 4PM EST

VIRTUAL EVENT

\$250 (\$200 EARLY BIRD SPECIAL IF REGISTERED BY OCTOBER 30<sup>TH</sup>)

13 CE CONTACT HOURS WILL BE ISSUED IF ALL PRE-COURSE WORK IS COMPLETED (8 HOURS IF ONLY ATTENDING THE COURSE)



Physical therapy providers using behavior change approaches will notice greater influence on patient beliefs, compliance with HEP, adoption of physical activity regimens and resilience when coping with pain. Many short-term behavior-change courses simply touch on basic components of motivational interviewing. Critical skills such as reflective listening and evoking discrepancy, however, are rarely mastered. This course will illustrate the benefits of combining specific motivational interviewing techniques with value-based discussions elicited from psychological theories (i.e. social cognitive theory). Through the integration of audio clips, participants will be challenged to apply and practice skills in response to actual patient dialogue. The skills and theoretical approaches covered in this course can be utilized to enhance therapeutic alliance, assist with psychologically informed care and improve patient commitment to care plans.

For more information and to register, please visit the "Courses" page at [www.beyondbiopsychosocial.com](http://www.beyondbiopsychosocial.com)



**Jeff Houck, PT, PhD**

Dr. Houck completed his physical therapy degree from Virginia Commonwealth University after which he completed a manual therapy residency. He received a Doctor of Philosophy degree from the University of Iowa in 1999. Dr. Houck is presently a Professor at the State University of New York Upstate Medical University. Dr. Houck has given several international, national and local presentations/seminars related to clinical biomechanics, patient reported outcomes, primary care PT and person-centered care. His NIH funded research includes foot and ankle problems and hip fractures. His current research focuses on primary care physical therapy, foot and ankle care and the integration of person-centered patient reported outcomes in clinical care. Dr. Houck earned a certification in motivational interviewing and launched the **Beyond Bio\*Psycho\*Social** training platform @ [beyondbiopsychosocial.com](http://beyondbiopsychosocial.com). Dr. Houck continues to develop his clinical skills and is especially interested in advancing psychosocial aspects of care.

**Dan Kang, PT, DPT**

Dr. Kang is an associate professor of physical therapy at George Fox University, where he teaches in the area of pathophysiology, cardiopulmonary therapeutics, orthopedics, and persistent pain rehabilitation. Dr. Kang was awarded Teacher of the Year for the graduate programs at George Fox University in 2019 and speaks locally and nationally on primary care, PROMIS in clinical practice and the biopsychosocial model of care. Dr. Kang serves as a commissioner for the Oregon Pain Management Commission, director of the YCC/GFU Persistent Pain Program, co-director of the Interdisciplinary Primary Care Institute, and Oregon Physical Therapy Association liaison for population health. Dr. Kang received his doctor of physical therapy degree (2004) and a master's degree in physical therapy (2002) from Loma Linda University. He currently practices at George Fox University's Community Clinic and serves as a consultant for regional health systems integrating PROMIS and primary care into clinical practice.



**Breanna Becker, PT, DPT & Patrick McMahon, PT, DPT**

Both Dr. Becker and Dr. McMahon earned their Doctorates in Physical Therapy (2020) at George Fox University. Their skills in motivational interviewing, brief action planning and value-based discussions with patients evolved through a variety of mentorship and teaching activities. They were directly mentored by Dr. Kang, working with patients suffering from high impact chronic pain, and by Dr. Houck, conducting physical activity counseling (i.e. behavior change) in patients. They teach motivational interviewing within the George Fox Physical Therapy program, and co-founded a telehealth-only practice designed to increase accessibility and utilization of physical therapy services in Oregon. Both Drs. Becker and McMahon bring the perspective of someone who has recently learned psychosocial skills--the concepts are fresh and learning struggles real.



*Beyond* Bio•Psycho•Social

Optimizing Health Across Communities