

## **Keynote #3: The Medication Interest Model (MIM): Innovative Interviewing Techniques for Improving Medication Adherence**

**Speaker:** Shawn Christopher Shea, M.D. ([www.suicideassessment.com](http://www.suicideassessment.com))

**For workshop inquiries contact us at:** [sheainterview@hughes.net](mailto:sheainterview@hughes.net)

**Intended Audience:** Appropriate for psychiatrists, psychiatric nurses, case managers, social workers, counselors, psychologists, substance abuse counselors, and all mental health trainees

### **Description**

One of the greatest challenges for front-line clinicians, as they try to help patients coping with painful disorders such as major depression, bipolar disorder, and schizophrenia is improving medication adherence. In this workshop Dr. Shea looks directly, with a no-nonsense practicality, at the methods by which clinicians address this crucial topic as they build their alliances with their patients. He brings to life the practical interviewing techniques of the highly acclaimed Medication Interest Model (MIM) which explores how a clinician's language is often the determining factor in whether or not the clinician is viewed as an opponent "pushing meds" or as an ally helping to provide useful information on both the benefits and side-effects of medications. Specific interviewing techniques, choices of word, and strategies are described in detail in a fast-paced, lively and compelling style. Referring to Dr. Shea's book, "Improving Medication Adherence: How to Talk with Patients About Their Medication" from which the presentation is based, Former Surgeon General C. Everett Koop comments:

"With sophistication, wit, astute clinical observation, and a vibrant sense of compassion Shea throws a brilliant new light on one of the most crucial topics in medicine - improving medication adherence."

### **Objectives**

- 1) Be able to describe and use the principles of the "Medication Interest Model (MIM)".
- 2) Be able to describe why and how patients weigh the pros and cons of taking medications and use specific interviewing techniques that can enhance this process.
- 3) Be able to utilize seven specific interviewing techniques and strategies for improving medication interest across all medication categories.

### **The Speaker:**

Shawn Christopher Shea, M.D. is an internationally acclaimed workshop leader and educational innovator in the fields of suicide prevention, resiliency, clinical

interviewing, and improving medication adherence having given over 850 presentations worldwide. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the annual meeting of the American Association of Suicidology and at the Cape Cod Symposium where his course has received the highest evaluation of the thirty courses featured over the summer. He has also presented at the Santa Fe Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of six books and numerous articles including one of the classic texts in the field of suicide prevention, *The Practical Art of Suicide Assessment*. His works have been translated into a variety of languages as diverse as French, Greek, Japanese, and Chinese. Both editions of his book, *Psychiatric Interviewing: the Art of Understanding*, have been chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry.

His book on creating resiliency in difficult times - *Happiness Is* - was chosen as a Brodart Library Gem, a Bowker's title to Watch, and as the Philosophy Book of the Month by the Radical Academy. Former Surgeon General C, Everett Koop, M.D., Sc.D. provided the foreword to Dr. Shea's latest book, *Improving Medication Adherence: How to Talk with Patients About Their Medications* which, in 2009, was chosen for Doody's Core Titles list of the most important books in the fields of medicine and nursing.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing ([www.suicideassessment.com](http://www.suicideassessment.com)), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.