



Oregon HPV
SUMMIT
Jun. 11, 2019

Dana Sturtevant, MS, RD

Breakout Session 1
1:10-2:00 p.m.

or

Breakout Session 2
2:10-3:00 p.m.

**please note we are offering two back-to-back sessions of the same topic. You do not need to attend both sessions.*

Planting a Seed for Change: Six Key Elements of Effective Brief Interventions

Learning Objectives

- Describe the six key elements of effective interventions - FRAMES: Feedback, Responsibility, Advice, Menu of Options, Empathy, Self-efficacy
- Combine different elements of FRAMES into a statement that can be used to plant a seed for change.

Summary

The conversations that occur between health care providers and their patients are powerful ones, capable of supporting or inhibiting the innate change process that is alive in all of us. In this workshop, Dana Sturtevant, MS, RD will offer a combination of principles, skills, and strategies for providing information in a way that honors a person's freedom of choice while planting seeds for change.