

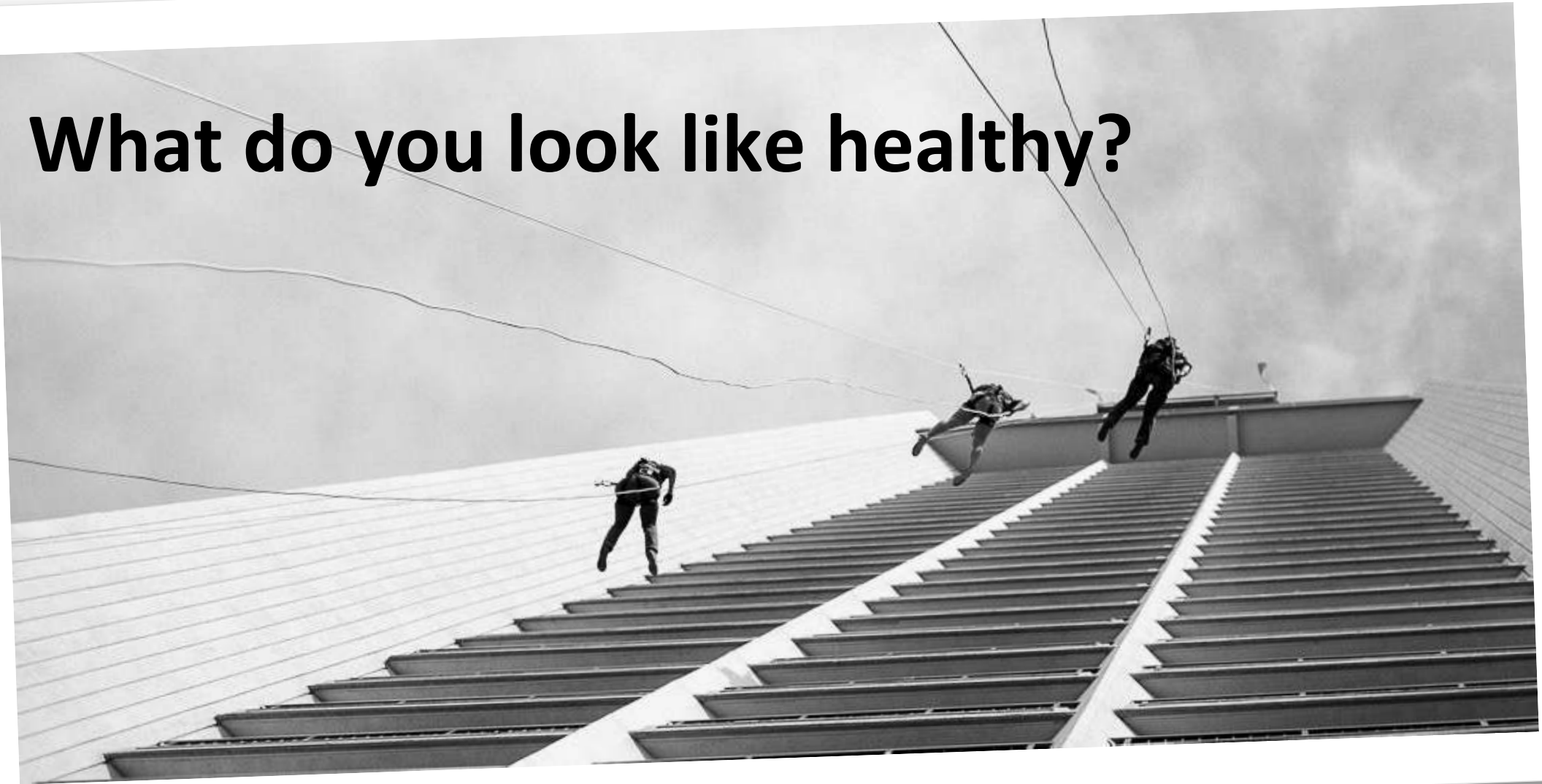


# Hawai`i Learning Groups

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Diabetes Learning Group  
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**No relevant financial disclosures.**

**What do you look like healthy?**

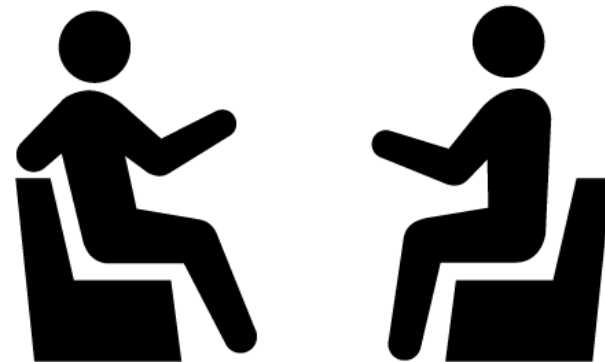




# Objective

Discuss and summarize strategies for talking with patients about what it means to be healthy.

What do you currently do  
to get patients to talk about  
*What does healthy look like for you?*



“consensus and collaboration”

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THINKING...



# Miracle Question

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Imagine you go to sleep tonight and you wake tomorrow morning. During the night a miracle happened and, when you wake up, your most positive dreams for your future have come true. Remember, a miracle has occurred, so you are waking up to your life as you would ideally like it to be.

What would it look like?

How would things be different?

How would you know that a miracle occurred?

# Creating SMART Goals

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**Specific**

**Measurable**

**Attainable**

**Realistic**

**Timely**

## **SMART Activities**

- Clarifies direction
- Provides focus
- Creates priorities
- Reduces ambiguity
- Increases consensus



# Focusing Tools

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- Agenda Mapping
- A typical day
- Bracketing or Normalizing the Behavior
- Offering a Concern

# Focusing

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- The focus is clear.
- There are options to choose from.
- The focus is unclear.
- Known Agenda
- Agenda Mapping
- Orienting

# Focusing and Goal Setting

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- A metaconversation
- Structure
  - "Would you mind if we consider some topics that we could discuss?"
  - "Can we just take stock for a few minutes here about what we might discuss?"
- Reflecting and considering options
- Include affirmation and support
- Invite the client to raise completely new ideas.
- Use hypothetical language
  - "we might"
  - "you could"
- Include your own opinion

# Agenda Mapping

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- Zooming In – Using the skill of summarizing
  - The big map
  - The focal map
  - Ability to return to this mapping in the future
  - Asking for the client's response

# A Typical Day

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“I know we’ve talked a lot about your life, but I also realize there is still a lot I do not know. For example, I don’t know what happens during a typical day for you. If you don’t mind, I would like to take a few minutes and hear about what a usual day in your life is like.”

# Bracketing or Normalizing the Behavior

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## **Bracketing**

“People show a range of drinking habits. Some drink none or one beer in a typical day; others may have 24. What are your drinking habits like?”

## **Sequencing questions**

“What kind of student were you in high school?”;

“In which areas did you excel?”;

“What sorts of struggles did you have in school?”;

“Junior high, high school—this is often a time when kids experiment with alcohol. What was your first experience with alcohol?”

“Tell me about the last time you had anything to drink at all—a beer, a wine cooler, a drink?”

# Offering a Concern

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- Attitude of curiosity
- Goal of understanding
- Avoid prejudgment that there is a problem
- Language and transparency is important
- Communicate intentions and agenda

# Questions

