

## 6th Annual Johns Hopkins Critical Care Rehabilitation Conference

***Thursday, November 2nd, 2017***

### ***Behavioral Management Strategies to Optimize Activity and Mobility***

#### **Welcome and Opening Remarks**

1:50 PM - 1:55 PM 0:05 **Welcome by Megan Hosey, PhD**

#### **Session 1**

#### **Improving Patient Motivation and Engagement for Activity and Mobility**

1:55 PM - 2:10 PM 0:15 **The Problem: Low Patient Engagement**  
Evan Smith, PhD

2:10 PM - 2:40 PM 0:30 **Background for Solution: Motivational Interviewing Interventions**  
Nicole Schechter, PsyD

2:40 PM - 3:00 PM 0:20 **Adapting Motivational Interviewing for Patients with Communication or Cognitive Impairments**  
Megan Hosey, PhD

3:00 PM - 3:30 PM 0:30 **Practicing the Solution: Motivational Interviewing via Small Group Simulations**  
Nicole Schechter, PsyD; Evan Smith, PhD

3:30 PM - 3:50 PM 0:20 **Q & A**

3:50 PM - 4:20 PM 0:30 **Coffee Break**

#### **Session 2**

#### **Improving Patient Anxiety for Activity and Mobility**

4:20 PM - 4:35 PM 0:15 **The Problem: Anxiety in Hospitalized Patients**  
Pegah Touradji, PhD

4:35 PM - 4:55 PM 0:20 **Background for Solution: Mindfulness and Cognitive Behavioral Therapy Techniques**  
Megan Hosey, PhD

4:55 PM - 5:15 PM 0:20 **Practicing the Solution: Mindfulness via Guided Independent Practice**  
Michael Williams, PhD

5:15 PM - 5:40 PM 0:25 **Practicing the Solution: Cognitive Behavioral Therapy Techniques via Small Group Simulations**  
Megan Hosey, PhD

5:40 PM - 6:00 PM 0:20 **Q & A**

**6:00 PM - 6:10 PM 0:10 Day 1 Wrap Up with Megan Hosey, PhD**