Course Objectives

MedBridge
Responding to Unwanted Behaviors & Motivating Clients in Therapy
Rob Winningham, Ph.D.

Course Description:

Motivation is possibly the best predictor of therapeutic success among older adults with or without cognitive impairment. However, most therapists and practitioners have very little training in the psychology of motivation and how to maximize it. In this course, we will explore factors that affect motivation, including depression. Theories of motivation that can be used to design many interventions to maximize patient motivation for, and engagement in, the therapeutic process are discussed. Caregivers and medical professionals need as many tools as possible when it comes to reducing unwanted behaviors commonly seen in people who have dementia. We will discuss how memory ability and behavior affect the level of care needed and how to manage behavioral challenges to maximize independence and safety. Using the knowledge of these cognitive and behavioral changes, many techniques will be offered for preventing and responding to emotional outbursts and behavioral problems (e.g., redirection, knowing the person, music therapy, and more). This course is the fifth of a five-part series.

Course Objectives:

- Explain Bandura's motivational theory.
- Identify ways to enhance clients' self-efficacy.
- Determine what possible therapeutic outcomes will motivate a client.
- Describe how depression affects cognitive abilities.
- Identify ways to respond to unwanted behaviors.