

ENGAGING THE DISENGAGED: Innovative Strategies for Promoting Behavior Change in Diabetes

Co-led by the experts

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 April 18th, 2026
 9:00 AM - 4:30 PM
 Pacific Standard Time
 Marina Village
 San Diego, CA



<p>9:00 AM - 10:00 AM</p>	<p>I. Understanding diabetes self-management problems</p> <ol style="list-style-type: none"> 1. Eliminating shame and stigma: a new and more effective way to conceptualize motivation in diabetes 2. Understanding patient obstacles: A case-based approach <ol style="list-style-type: none"> a. Case 1 (disengaged from diabetes management): Identification of key obstacles b. Case 2 (misinformed about diabetes and diabetes management): Identification of key obstacles c. Case 3 (depressed mood, diabetes distress): Identification of key obstacles 3. An overview of the critical obstacles: understanding the connection of diabetes-related beliefs, emotions and behavior (psychological, interpersonal and environmental) in a social context. 4. When you can't solve all problems: how to work together to prioritize obstacles
<p>10:00 AM - 10:15 AM</p>	<p>Break</p>
<p>10:15 AM - 12:00 PM</p>	<p>II. The most important interventions</p> <ol style="list-style-type: none"> 1. Creating collaboration and demonstrating compassion (practicing the "journalist" intervention) 2. Preparing for behavior change (practicing the "journalist-plus" intervention)
<p>12:00 PM - 1:00 PM</p>	<p>Lunch Break</p>
<p>1:00 PM - 2:30 PM</p>	<p>III. Key psychological interventions</p> <ol style="list-style-type: none"> 1. Encouraging self-compassion 2. Addressing hopelessness 3. Discussing CGM and other metabolic results to promote patient engagement 4. Addressing critical misbeliefs about diabetes and the role of medications
<p>2:30 PM - 2:45 PM</p>	<p>Break</p>
<p>2:45 PM - 4:00 PM</p>	<p>IV. Key Behavioral Interventions</p> <ol style="list-style-type: none"> 1. The "bang for your buck" approach 2. Making good use of patients' expertise 3. Making productive real-world plans for action: the "healthy good enough" approach 4. Practicing complex behavior change interventions
<p>4:00 PM - 4:30 PM</p>	<p>V. Workshop Summary and Implementation Planning</p>

*Topics and Timing Subject to Change