




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

**Co-led by the experts**

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 Oct. 24th, 2026  
 8:30 AM - 4:00 PM  
 Pacific Standard Time  
 Marina Village  
 San Diego, CA



<p>8:30 AM - 9:30 AM</p>	<p><b>I. Understanding diabetes self-management problems</b></p> <ol style="list-style-type: none"> <li>1. Eliminating shame and stigma: a new and more effective way to conceptualize motivation in diabetes</li> <li>2. Understanding patient obstacles: A case-based approach             <ol style="list-style-type: none"> <li>a. Case 1 (disengaged from diabetes management): Identification of key obstacles</li> <li>b. Case 2 (misinformed about diabetes and diabetes management): Identification of key obstacles</li> <li>c. Case 3 (depressed mood, diabetes distress): Identification of key obstacles</li> </ol> </li> <li>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.</li> <li>4. When you can't solve all problems: how to work together to prioritize obstacles</li> </ol>
<p>9:30 AM - 9:45 AM</p>	<p><b>Break</b></p>
<p>9:45 AM - 11:15 AM</p>	<p><b>II. The most important interventions</b></p> <ol style="list-style-type: none"> <li>1. Creating collaboration and demonstrating compassion (practicing the “journalist” intervention)</li> <li>2. Preparing for behavior change (practicing the “journalist-plus” intervention)</li> </ol>
<p>11:15 AM - 11:30 AM</p>	<p><b>Break</b></p>
<p>11:30 AM - 12:30 PM</p>	<p><b>III. Key psychological interventions</b></p> <ol style="list-style-type: none"> <li>1. Encouraging self-compassion</li> <li>2. Addressing hopelessness</li> <li>3. Discussing CGM and other metabolic results to promote patient engagement</li> <li>4. Addressing critical misbeliefs about diabetes and the role of medications</li> </ol>
<p>12:30 PM - 1:15 PM</p>	<p><b>Lunch Break</b></p>
<p>1:15 PM - 2:45 PM</p>	<p><b>IV. Key Behavioral Interventions</b></p> <ol style="list-style-type: none"> <li>1. The “bang for your buck” approach</li> <li>2. Making good use of patients’ expertise</li> <li>3. Making productive real-world plans for action: the “healthy good enough” approach</li> <li>4. Practicing complex behavior change interventions</li> </ol>
<p>2:45 PM - 3:00 PM</p>	<p><b>Break</b></p>
<p>3:00 PM - 4:00 PM</p>	<p><b>V. Workshop Summary and Implementation Planning</b></p>

\*Topics and Timing Subject to Change