



Motivational Interviewing: Helping people commit to change

Two days of essential theory and skills training for immediate use with clients.

Motivational interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for, and commitment to, a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. Motivational interviewing utilises the principles and practices of person-centred counselling to engage a person in a conversation about change. Resistance is viewed as evidence of ongoing ambivalence about change, and is met with reflection and empathy rather than confrontation.

Research studies into the clinical effectiveness of motivational interviewing across a vast range of settings have generally supported the claim that motivational interviewing is an effective and adaptable therapeutic style for preparing and supporting people to change. This two-day motivational interviewing workshop provides participants with an understanding of the theory, spirit and processes of motivational interviewing. Throughout the workshop, participants will have the opportunity to view demonstrations of motivational interviewing and to practice the skills essential to the approach. Workshop participants will be provided with a set of handouts to support their learning both during and following the workshop.

Learning objectives of this training:

1. Describe the background to motivational interviewing as a person-centred, goal-oriented approach for facilitating change.
2. Identify a framework for understanding motivational interviewing.
3. Discuss the 'spirit' of motivational interviewing.
4. Discuss the implications of ambivalence and its impact on motivation and change.
5. Explain the process of change, drawing on the Stages of Change model and the relationship between importance, confidence and readiness for change.
6. Describe the four processes of motivational interviewing.
7. Discuss the concepts of 'sustain talk', 'discord' and 'change talk'
8. Identify key skills for engaging and encouraging people to express their reasons, needs, desire, ability and commitment for change.
9. Demonstrate strategies for working with people to increase the possibility of change.
10. Discuss the application of the principles and practice of motivational interviewing within a range of settings.



Alison Bell has a background in Nursing and Psychology, and has worked in the alcohol and other drug and mental health fields since 1987. Alison has been involved in the development of motivational interviewing since 1989, when she became involved in researching the clinical application of the model in collaboration with Dr Stephen Rollnick at the National Drug and Alcohol Research Centre. Alison has published a number of papers and book chapters, particularly in relation to the application of motivational interviewing in health care settings. Having conducted hundreds of training courses on motivational

interviewing for a broad range of groups, Alison is considered to be among the leading trainers on this subject in Australia.

This training may qualify for Focused Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

MELBOURNE: 5th-6th August 2020
MANTRA ON RUSSELL

SYDNEY: 4th-5th November 2020
UTS SHORT COURSE ROOMS

BRISBANE: 21st-22nd October 2020
PARK REGIS NORTH QUAY

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 14 hours of face-to-face training is issued in the week following attendance at this event.

	DAY 1	DAY 2
Morning Session includes a short morning tea break	Background to motivational interviewing. Introduction to the spirit of motivational interviewing. The continuum of styles. Understanding ambivalence.	Review of Day One. The Focusing process. Exchanging information. Practicing focusing.
Afternoon Session includes a short afternoon tea break	Exploring readiness for change. The four processes of motivational interviewing. Motivational interviewing core skills (OARS). Change talk and sustain talk. Responding to sustain talk and reducing discord.	The Evoking process. Strategies for Evoking change talk. Practicing recognising, evoking and responding to change talk. The Planning Process. Practicing Planning. Bringing it all together and applying motivational interviewing in practice. Evaluation and closing.

“Motivational interviewing is an evidence-based approach that is an essential addition to the repertoire of clinicians.”

Alison Bell

How will you benefit from attending this training?

- An opportunity to reflect on current practice.
- An opportunity to improve on current practice.
- Reduce client resistance and conflict in clinical practice.

Registration details:

Registration fee: **\$596**

A current PDP ‘Student and New Graduate’ discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 14 hours for CPD points.

Morning tea, lunch and afternoon tea included.
We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

Register at www.PDPseminars.com.au or call us on 1300 887 622

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Feedback form Alison’s recent presentations of this training:

*“Alison’s knowledge was especially apparent reflective of a deep understanding of Motivational Interviewing.”
“Fun, educational and engaging.”*

“Alison has a warm engaging and respectful style. I really liked the mix of theory, video, personal stories and practical application”

“Fantastic presentation and very worthwhile training. “Excellent application of theories to a wide range of disciplines.”

“Highly enjoyable and beneficial course for anybody who works in a counselling role”

“Thank you for your insights and experiences which enhanced the learning”

“Very happy with this seminar - very useful and I gained a new awareness of key elements in therapy that I can apply immediately- wonderful presenter”

“Alison was delightful and enjoyable. The training was relevant and engaging- related theory well to practice”

“I have recommended this seminar to colleagues as I have learned so much.”

“Great workshop and presenter!”

“This seminar provided an excellent opportunity for a new graduate and new community corrections officer to learn ways to motivate behaviour change for offenders. The discussion with other participants was especially useful to think of different ways to apply MI skills to different social cohorts in the community.”