



## Motivational Interviewing- refining and consolidating practice

**A refresher day to refine *existing* Motivational Interviewing skills for helping people change.**

The purpose of this one-day workshop is to build on the foundations of motivational interviewing introduced in introductory motivational training. The workshop will provide an opportunity for participants to consolidate their skills, with a particular focus on eliciting and responding to the language of change.

Participants will each be provided with a resource book for reference during and following the training. There will be opportunities for participants to practice and reflect of skills throughout the one-day workshop.

### Learning objectives of this training:

1. Review foundations of motivational interviewing.
2. Recognise change talk.
3. Evoke change talk.
4. Respond to change talk.
5. Plan in the motivational interviewing context.
6. Apply motivational interviewing to their work in supporting people to change.



Alison Bell has a background in Nursing and Psychology and has worked in the alcohol and other drug and mental health fields since 1987. She has been facilitating training on topics including Motivational Interviewing, mental health, addictions and gambling. Known as an enthusiastic and engaging trainer with a passion for providing participants with an opportunity to reflect on their work practices and to enhance their skills for supporting people to change. 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 Focussed 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.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**



**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

### **Morning Session**

Review of the spirit and strategies of motivational interviewing  
Recognising, eliciting and responding to preparatory change talk  
Shifting the ratio of change and sustain talk

### **Afternoon Session**

Recognising, eliciting and responding to mobilising change talk  
Supporting planning utilising motivational interviewing  
Planning to continue to consolidate motivational interviewing practice.  
Evaluation and closing.

***“Motivational interviewing can be an essential addition to the professional toolbox, which can be applied in a range of clinical, health and community service settings.”***

Alison Bell

### **How will you benefit from attending this training?**

- Reflect on the application of motivational interviewing in their clinical practice
- Further develop confidence in the application motivational interviewing in practice
- Develop a plan for continuing to refine skills and build confidence in applying motivational interviewing in practice.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to for professionals who have completed foundation training in Motivational Interviewing and are seeking an opportunity to refine and consolidate their skills in utilising Motivational Interviewing in their practice.

### **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.”*