



Overcoming roadblocks in treatment – effective strategies for change

Effective strategies for change using Motivational Interviewing techniques.

Motivational Interviewing (MI) is a specific communication technique designed to elicit a person's own motivation for change. Using MI will help you to engage patients in discussions about their health and collaborate on goals. The research in a variety of settings shows that it facilitates lifestyle change and treatment adherence.

Clinicians in health care settings face a unique set of challenges when trying to integrate MI into their work. MI proficiency also requires practice – it's like learning a new language.

This workshop is an opportunity to practice the skills and have some lived experience of MI. The didactic component is interwoven with experiential work, demonstrating the 3 key processes – collaboration, language pattern recognition and evoking the patient's own motivation for change.

We will explore how to overcome the barriers and consider how to incorporate Motivational Interviewing skills into the health consultation.

Learning objectives of this training:

1. Demonstrate the interpersonal style and conversational skills that evoke intrinsic motivation.
2. Integrate MI interventions in the context of the health consultation.
3. Collaborate on goals, and include clinical issues.
4. Recognise and manage ambivalence and discord in the consultation.
5. Develop a personal plan for incorporating MI skills and strategies into clinical practice.



Monica Moore is a GP with a full-time psychotherapy practice in Sutherland, who understands the pressures of working in physical health settings. She is in the unique position of being able to combine over 20 years of experience in general practice with expertise in a range of counselling modalities, and has been involved in training GPs and other health clinicians since 2000, helping them to integrate practical psychological strategies into their work. Monica has a special interest in personality disorders and the practical implications for clinicians in managing challenging behaviours, as well as the ways in which clinicians can improve work satisfaction and patient outcomes, and prevent burnout.

Monica graduated in 1983 and undertook initial training in Cognitive Behaviour Therapy and Motivational Interviewing in 1996. As well as further training in CBT and ACT, she has completed the Advanced Certificate of Interpersonal Therapy, the Diploma of Clinical Hypnosis, the Certificate of Emotionally Focused Therapy, and EMDR practitioner training.

Monica has been the coordinator for the Sutherland Mental Health Practitioners Network since its inception in 2009, and has been involved in a training capacity with the RACGP; GP Synergy; CESPAN; Australian Society for Psychological Medicine, Australian Society of Hypnosis; Black Dog Institute; General Practice Conference, Exhibition and Medical Education; NSW Institute of Psychiatry; Rural Doctors Association; Sphere, and the Sutherland Division of General Practice.

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.

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ACA: Members can accrue 6 CPD points.



AASW: Members can accrue 3 CPD hours.



ACWA: Members can accrue 3 CPD hours.

PACFA: Members can accrue 3 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

Session Outline
3 hours

Brief review of MI – spirit, language and skills

Ingredients for change.

Identifying, evoking and responding to change talk.

15 minute tea break

Collaborating on goals and planning for change.

Working with ambivalence, hope and confidence.

Developing a personal plan for incorporating MI skills into clinical practice in the presence of complex clinical issues and responsibilities.

Evaluation and closing.

“Using Motivational Interviewing strategies to overcome roadblocks in treatment in time poor clinical settings.” Dr Monica Moore

How will you benefit from attending this training?

- Develop an increased understanding about what motivates and what hinders change.
- Become more confident at supporting people through the change process.
- Develop increased effectiveness and work satisfaction as using these skills decreases resistance and discord.

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.

This practical training is suitable for health clinicians such as GPs and other medical practitioners, psychologists and allied health staff working in the physical health sector.

Feedback for Dr Moore’s recent training presentations:

“Thank you once again – just so very helpful.”

“Thank you Monica. A lovely presentation with great, honest examples.”

“The PD was presented by a dynamic and engaging professional who was current in the industry. My colleagues and I gained so much from this and previous sessions with Dr Moore – she’s wonderful! Thank you!”

“This training was excellent in both content and presentation. The practical skills exercise is very useful for being able to develop your thinking in the patient role.”

“A very useful, concise session to stimulate and give techniques to change practice.”