



Motivational Interviewing

steps to advanced skills

Presented by Professor Stephen Rollnick PhD

- Clinical Psychologist and Professor of Health Care Communication
Department of Primary Care and Public Health, Cardiff University, Wales
- Co-Author of "Motivational Interviewing: Preparing people for change"



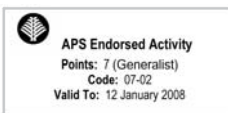
ADELAIDE - Tuesday 13 November 2007 - Sebel Playford Hotel, 120 North Terrace, Adelaide SA

A combination of lectures, live and video demonstrations and small group discussions will be used by the presenters to interact with the participants ensuring a lively, interesting and informative conference.

Supporting Presenter

Dr Debbie Cohen
*Senior Medical Research Fellow
Unum Centre for Psychosocial
and Disability Research Cardiff
University, School of Psychology,
Cardiff, UK*

ENDORSED BY



SESSION SUMMARY

8.30am Registration

9.00am Welcome & Introduction

10.45am Morning Tea

12.45pm Lunch

5.00pm Drinks & Nibbles

Motivational Interviewing is an evidence-based clinical method for helping people engage and maintain behavioural change. It combines client-centred counseling with directive psychological methods to help clients increase motivation for change, resolve ambivalence, strengthen commitment, and carry through with behaviour change. Originally developed for helping people with alcohol/drug problems, Motivational Interviewing is now applied more widely in medical, criminal justice, rehabilitation and mental health settings.

An effective approach

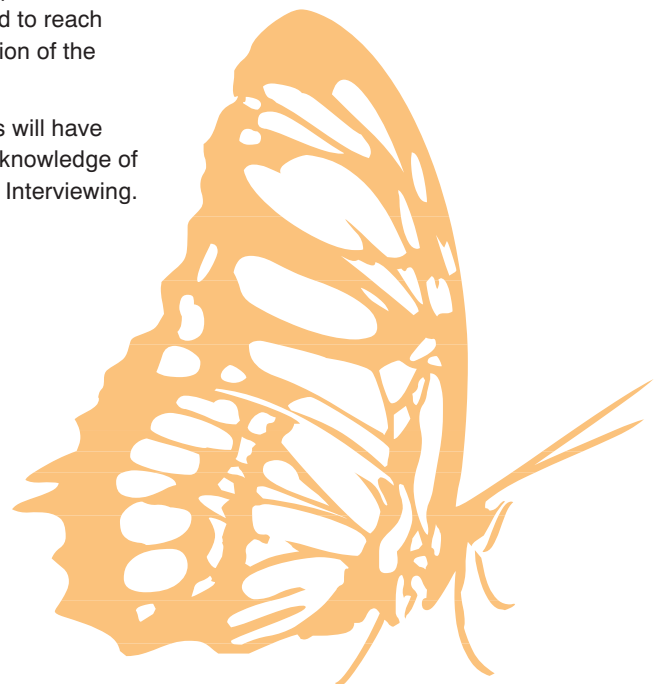
Helping others with behaviour change is a challenge in roles at work; with clients and colleagues and at home; with children, friends and family. In service provision, the challenges include matters like overcoming addiction, returning to work, changing medication regimes or maintaining an exercise or rehabilitation program.

This workshop is based on the idea that a flexible and skilled practitioner, who encourages the client to be as active as possible in the conversation, will produce better outcomes. The goal will be to teach participants further about Motivational Interviewing, and begin the process of enhancing the skills required to reach competency in implementation of the practice.

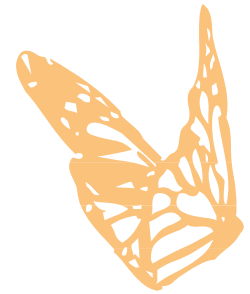
It is expected that delegates will have studied, possess a general knowledge of and have used Motivational Interviewing.

This workshop will:

- Discuss Motivational Interviewing and its applications.
- Examine advanced yet practical applications of Motivational Interviewing.
- Following an overview of new developments, the presenters will focus on the application of Motivational Interviewing using specific clinical examples and settings.
- Examine complex presentations and the application of Motivational Interviewing in diverse situations.
- Help delegates appreciate the relevance of this method to their everyday challenges at work, and clarify their own priorities for becoming more skilful and flexible practitioners.



SPEAKER BIOS



Stephen Rollnick Ph.D



Stephen Rollnick PhD is a clinical psychologist and Professor of Health Care Communication in the Department of Primary Care and Public Health, Cardiff University, Wales, UK. He grew up in Cape Town, South Africa, and returns regularly to see family and conduct research and training. He is a graduate from the Universities of Cape Town, Strathclyde (Glasgow) and Cardiff, and he qualified as a clinical psychologist in 1980.

He practised as a psychologist in a primary care setting in the UK National Health Service for 16 years, and then worked as a Visiting Fellow in the National Drug and Alcohol Research Centre in Sydney (1989-1990). There he met William R. Miller and they have been close colleagues ever since. They co-authored a text called Motivational Interviewing (1991 & 2001) and their most recent book is Motivational Interviewing in Healthcare (Rollnick, Miller & Butler, in press).

Stephen then returned to the Medical School in Cardiff, Wales as a teacher and researcher, and established a collaboration with Professor Chris Butler. Their work has included Health Behaviour Change (Rollnick, Mason & Butler 1999) and a large number of publications on interventions to tackle challenging consultations in health and social care.

Stephen has taught practitioners and trainers in many countries and continents, and was the founder with William R. Miller of the Motivational Interviewing Network of Trainers (MINT – www.motivationalinterview.org). Among his current interests are the promotion of teamwork among practitioners who treat children across Africa with HIV-AIDS (www.teampata.org), the training support for the UK rollout of the Nurse Family Partnership (NFP) project and the development of learning programmes that include video-rich software to promote behaviour change in large number of practitioners, in the fields of diabetes, primary care and health promotion.

Dr Debbie Cohen

MBBS DRCOG MRCGP AFOM



Dr Debbie Cohen MBBS DRCOG MRCGP AFOM qualified in 1980 and originally trained as a GP. She gained her MRCGP in 1985 and the Diploma in Occupational Medicine in 1995.

In 2000 she left General Practice to take up occupational medicine full time and in 2003 obtained her AFOM.

She has worked in various industries and developed a special interest in communication. She worked with Professor Rollnick in the field of health behaviour change and communication and in 2001 joined the newly established Communication Skills Unit in Cardiff University where she is now the Deputy Director. She has also established and is the Director of the Individual Support Programme which provides remediation to poorly performing doctors. This programme now has national recognition. Her MD relates to fitness for work and the GP consultation.

Debbie was appointed as a Senior Medical Research Fellow at the Unum Centre for Psychosocial and Disability Research at Cardiff University, Wales in June 2005.

Her main area of interest lies around practitioner behaviour change and motivational interviewing in the area of rehabilitation and fitness for work. She is specifically interested in how e-learning and blended learning programmes can be used to bring about change. Debbie has developed the generic curriculum for communication skills training for all middle grade doctors in Wales. She has just completed the development of the resources for the new undergraduate curriculum in occupational medicine and recently completed a project for the Welsh Assembly Government in the development of an interactive e-desk aid for GPs to use in the management of low back pain.

REGISTRATION

Registration Details

Registrations can be made at www.nbassociates.com.au or by email to dm@nbassociates.com.au or fax the registration form to 08 8351 2988 or post to PO Box 544, Goodwood SA 5034 before close of business on Tuesday 6th November 2007.

The registration fee includes meals and refreshments.

Confirmation of registration will be sent by email within 7 days of receipt of your registration.

Please keep a copy of this registration for your records.

Please note that the registration fee applies to one delegate registering. It is not possible to share one registration fee between several people.

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For any event cancelled by nb&a events, registration fee is fully refundable.

For further information:

Darren Mickan
nb&a events
Phone: 0402 322 394 or 08 8351 2688
Fax: 08 8351 2988
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Please tick this box if you will be staying for post conference drinks & nibbles.

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