

MOTIVATIONAL INTERVIEWING FOUNDATION SKILLS

**"RESPECTFUL & PRODUCTIVE
CONVERSATIONS ABOUT CHANGE"**

WHEN:

29th & 30th May 2018

WHERE:

Rochester Racecourse Recreation
Reserve, Northern Highway Rochester

BOOKINGS:

Trybooking Link

<https://www.trybooking.com/UJVA>

FURTHER INFORMATION:

Contact Tracie Pearson

Campaspe Primary Care Partnership
tracie.pearson@campaspepcp.com.au
5484 4304

COST:

Campaspe PCP Members: \$280
Non Members: \$300

FACILITATOR:

Helen Mentha from
Mentha Consulting

WHAT IS MOTIVATIONAL INTERVIEWING?

Motivational Interviewing is a collaborative method for guiding conversations about behaviour change. More than a set of techniques, MI brings together a set of values, principles and disciplined use of skills to assist people to resolve ambivalence and deepen motivation to pursue the changes that are meaningful for them. The training is highly interactive, with a focus on practical skill development. The two-day workshop will offer an opportunity to:

- Gain a clear and up-to-date understanding of MI – what it is, how it works
- Increase understanding of the change process
- Review and practice the core skills
- Apply the skills to the change process
- Increase ability to work effectively with resistance and ambivalence
- Practice skills in softening sustain talk and eliciting change talk
- Develop strategies to continue learning and practicing MI

WHO SHOULD ATTEND?

Workers in health and community settings who engage in conversations about change. It is suitable for workers dealing with a wide range of presenting issues including healthy behaviour change. It has been initiated by the Healthier Campaspe Obesity Working Group to assist local health professionals to speak to individuals about weight loss.

ABOUT THE FACILITATOR

Helen Mentha BA (Hons), M.Psych (Clinical), Grad Cert Professional Writing, Grad Cert Business Administration, MAPS is a registered clinical psychologist and member of the Motivational Interviewing Network of Trainers (MINT Inc). She worked for many years in the drug and alcohol field as a counsellor, dual diagnosis senior clinician, manager and supervisor. Initially trained in Cognitive Behavioural Therapy Helen has also specialised in Motivational Interviewing, completing annual training each year overseas with MI experts since 2007.

