

Motivational Interviewing

Webinar Series, commencing 22 May 2019



Presenter: Dr Stan Steindl

Foundations of Motivational Interviewing

Motivational Interviewing (MI) is sweeping the world as a highly effective therapeutic approach used to empower people to make healthy behavioural choices. With a well-defined style for interacting with clients, MI has demonstrated effectiveness in assisting people to change a broad range of health behaviours including alcohol, tobacco and other drug uses; dietary behaviours; exercise; and treatment adherence.

Join other health professionals in Western Queensland in a 4-part webinar series

DATES:	Wednesday: 22 May, 29 May, 5 June and 19 June.
TIME:	6pm – 7pm
Q&A:	Each session will include time for moderated Q & A
REGISTER:	Register to attend this series of four free sessions at http://wqphn.com.au/news-events/events Webinar details will be emailed after registration.
COST:	Free
RSVP:	Wed 17 May 2019 (Note: registration is for the whole series, not individual sessions)

Learning Objectives

Through participating in 4 one-hour webinars, participants will:

- Develop an understanding of the fundamental spirit and principles of MI;
- Develop empathic counselling skills, so central to using the technique;
- Learn when and how to use advice and other more directive elements of MI; and
- Observe and practice MI element such as: to roll with resistance, resolve ambivalence, encourage change and commitment talk, and help people carry through changes to positive health behaviours

These sessions are designed as a brief introduction, providing practice skills development through a combination of didactic and experiential modalities.

About Dr Stan Steindl

Workshop Facilitator, Dr Stan Steindl is a registered clinical psychologist and direct or Psychology Consultants Pty Ltd. He has completed a PhD examining MI techniques and Cognitive-Behavioural Therapy in the treatment of veterans with co-morbid Post-Traumatic Stress Disorder and alcohol dependence. Stan is also an adjunct associate professor at the University of Queensland. He also helped establish the Compassionate Mind Research group at UQ. Currently, he provides supervision to post-graduate students, psychologist, social workers and others in the counselling and allied health fields.

Participants will accrue a total of 4 hours towards professional development. RACGP QI & CPD points (Category 2) for the 2017-19 Triennium are under application.

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Session 1: The MI Spirit: First and foremost, as part of motivational interviewing, creating a relationship context is imperative as the foundation within which everything else can happen. This relationship context involves engaging the client and helping them to feel heard, understood and feel safe. In MI we refer to the "MI Spirit", which incorporates Partnership, Acceptance, Evocation and Compassion. These will be discussed and practiced in this first 60-minute session of the webinar series.

Session 2: Client Language: Once the client is engaged, and feels heard and understood, and safe, the clinician then works with the client to focus the conversation and start evoking certain language from the client. This second webinar will discuss this client language, especially with respect to Change Talk and Sustain Talk, as well as "Commitment Language", and the role these play in predicting a client's future behaviour.

Session 3: Core Skills: As part of the evoking process in MI, clinicians draw on several core skills. In the end, this is the bulk of the MI conversation, the client on the one hand expressing their Change Talk and Sustain Talk, and the clinician using core skills to help create direction in the conversation towards change and ultimately commitment. The four core skills are Open Questions, Affirmations, Reflections and Summaries, and this third session of the webinar series will provide opportunities to practice these skills.

Session 4: Working with Resistance: MI also focuses on identifying and working with any resistance or discord that might arise between client and clinician. Unlike other aspects of client language, resistance or discord are interactional process, explicitly involving the interaction between clinician and client. Resistance in a clinical session has been found to be predictive of poorer outcomes, and therefore is a red flag for clinicians to change what they are doing. This fourth webinar will also provide an opportunity for participants to trouble shoot their MI experiences across a fortnight gap between sessions three and four.

Who Should Attend?

- General Practitioners
- Practice Nurses
- Allied health professionals
- Mental health professionals

This event is provided by *My health for life* and Western Queensland PHN
www.myhealthforlife.com.au
www.wqphn.com.au

For more information about this event contact Kathleen O'Hara on 0456 001 789 or email Kathleen.ohara@wqphn.com.au.



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Western Queensland PHN acknowledges the traditional owners of the country on which we work and live and recognises their continuing connection to land, waters and community. We pay our respects to them, their cultures, and to elders past and present.