MOTIVATIONAL INTERVIEWING: Dancing versus wrestling

Speaker Dr. Marilyn Herie PhD, RSW

Overview
How can we effectively work with highly ambivalent individuals and groups in a way that feels more like dancing versus wrestling? Motivational Interviewing is an evidence-based approach focused on exploring and helping to resolve peoples' ambivalence and enhancing their motivation for change. Based on the work of Dr. William Miller, Motivational Interviewing has been applied and evaluated across a variety of presenting issues and behaviours, including mental health, addictions, treatment retention, HIV prevention, hypertension, diabetes, weight management, employment counselling, organizational change, and more.

This practical and dynamic workshop examines motivation as an interactive process between client and practitioner, with review, demonstration and practice of essential skills and strategies to address key issues in collaboration and behaviour change.

Multiple teaching/learning approaches include: live and video clinical demonstrations, case-based practice, group discussion, individual reflection, personalized feedback, and troubleshooting of challenging clinical issues/cases, as well as implementation planning.

Date and Time
Thursday, November 1, 2018
8:30 AM – 4:30 PM

Learning Objectives
- Articulate the evidence base for Motivational Interviewing (MI)
- Experience the “spirit” of MI in clinical practice
- Identify the four processes of MI
- Practice the five essential MI skills
- Access resources for continuing development in MI.

Target Audience
This workshop is appropriate for teachers, frontline workers and all health care professionals which includes social workers, nurses, therapists, physicians, psychologists, and students in related disciplines.

Location
The Royal, Associates in Psychiatry Auditorium
1145 Carling Avenue, Ottawa

Cost
Regular: $130
Students: $99

Registration
To register please visit
www.regonline.com/Socialwork2018

For more information, please contact Amy Quinn at amy.quinn@theroyal.ca or 613.722.6521, ext 6570.

Or visit: theroyal.ca/mental-health-centre/education-and-conferences/