

# Motivational Interviewing

an effective approach to  
Vocational Rehabilitation

## 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**

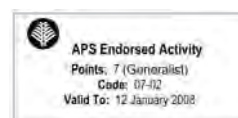
**SYDNEY - Thursday 15 November 2007 - Intercontinental, 117 Macquarie Street, Sydney NSW**

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

**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 to Vocational Rehabilitation

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 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 about motivational interviewing, and begin the process of learning the skills required to implement the practice - rather than to help them reach competence in the skills themselves.

## By the end of the workshop practitioners will:

- Have access to a simple 3-styles model for helping others, and appreciate that one of these styles - guiding, is particularly suited to talking about behaviour change, at work or at home.
- Grasp the central role of client activation in promoting behaviour change.
- Understand how motivational interviewing is a refined form of the guiding style, particularly suited to behaviour change challenges where the person is feeling strong ambivalence about change.
- Understand the origins, content and empirical basis of the method.
- Appreciate the relevance of this method to their everyday challenges at work, and clarify their own priorities for becoming more skilful and flexible practitioners.

## 8.30am Registration

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## 9.00am Welcome & Introduction

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### 9.15am Consider a Case

A case is presented. Participants to discuss constructive approaches to it.

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### 9.35am Keynote

#### Stephen Rollnick

#### & Debbie Cohen

### Communication & Change: What style do you use?

Presentation of 3-styles model for helping people solve problems

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### 10.15am Consider the Case Again

Participants to discuss what styles they might use and in what sequence.

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## 10.45am Morning Tea

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### 11.15am Keynote

#### Stephen Rollnick

### Motivational Interviewing & Behavioural Change - origins, principles, method and evidence.

### 12.15pm Keynote

#### Debbie Cohen

### MI & Vocational Rehabilitation: How they fit together

Reflections, illustrative case, and potential in brief consultations

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## 12.45pm Lunch

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### 1.45pm Workshop

#### Stephen Rollnick

#### & Debbie Cohen

### Getting Better at Guiding & MI

- Rationale for the afternoon
  - Principles of good practice (lecture)
  - What are the core skills? (discussion)
  - Core skills in the service of guiding (lecture)
  - Preparation for practice
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## 3.00pm Afternoon Tea

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## 3.30pm Practice

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### 4.00pm A Brief Strategy:

#### Stephen Rollnick

#### & Debbie Cohen

### Importance & Confidence Assessment

- The rationale
  - Demonstration
  - Discussion
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### 4.30pm Keynote

#### Debbie Cohen

### Practitioner Behaviour Change

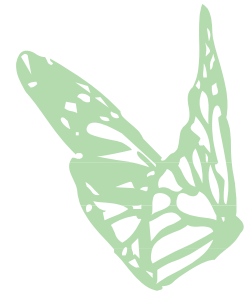
Illustration of a learning programme in primary care.

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## 5.00pm Drinks & Nibbles

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# 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](http://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](http://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.

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## 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.

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# REGISTRATION

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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:

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