

# MOTIVATIONAL INTERVIEWING

## *Improving Client Resistance & Maximising Return to Work Outcomes*

9 August 2010 – Crowne Plaza Hotel (CANBERRA)  
23 August 2010 – Sebel Playford Hotel (ADELAIDE)

Early Bird closes  
9/7/2010

### WORKSHOP PROGRAM

#### Morning Session 9.00am -12.45pm

8.30am – 9.00am Registration and morning coffee

#### 9.00am – 10.40am - SESSION 1

- Introductory exercises - style matters
- Genesis of MI
- A description of the MI theory and approach
- Motivation in a return to work context

10.40am – 11.00am Morning Tea

#### 11.00am – 12.45pm - SESSION 2

- Spirit of MI
- Four general principles
- Change talk, sustain talk and commitment language
- Change talk exercise - recognising and eliciting change talk

12.45pm – 1.30pm Lunch

#### Afternoon Session 1.30pm – 5.00pm

#### 1.30pm – 3.10pm - SESSION 3

- The Fundamental skills of MI
- Skills exercises - open questions, affirmations and reflections
- Demonstration of MI

3.10pm – 3.30pm Afternoon Tea

#### 3.30pm – 5.00pm - SESSION 4

- MI in practice
- Specific use of MI in a return to work context
- Challenges of motivation in return to work
- Responding to resistance

4.50pm/5.00pm Workshop Close

### What is Motivational Interviewing?

**Motivational Interviewing (MI)** is sweeping the world as a highly effective therapeutic approach used to empower people to make healthy behavioural choices. First developed by Professors Bill Miller and Steve Rollnick for use in the treatment of problem drinking, MI now has demonstrated effectiveness in assisting people to change a broad range of health behaviours, including:

- *alcohol, tobacco and other drug use*
- *dietary behaviours*
- *exercise*
- *risky sexual behaviours*
- *public health behaviours*
- *treatment adherence*

Motivational Interviewing has also been found to enhance the effectiveness of other treatments when used as a prelude to that treatment. With a broad evidence base and a well-defined style for interacting with clients, MI is applicable to clinical, counselling and health psychology practice.

This workshop will look at how MI is effectively applied in the vocational rehabilitation and return to work (RTW) environment to achieve better outcomes.

### What will participants learn at the workshop?

Participants attending this MI workshop will:

- Develop an understanding of the fundamental spirit and principles of MI
- Gain up to date information regarding the research and evidence of MI
- Develop empathic counselling skills, so central to using the technique
- Experience the delivery of the MI technique through demonstration and practice and gain confidence to deliver MI in a clinical setting
- Learn when and how to use advice and other more directive elements of MI
- Observe, experience and practice elements of MI, including how MI can be used to roll with resistance, resolve ambivalence, encourage change and commitment talk, and help people carry through changes to health behaviours.
- Learn how MI is effectively used in a RTW context

