

# MOTIVATIONAL INTERVIEWING WORKSHOP

## for Primary Health Professionals and Community Workers

Motivational interviewing (MI) is a person-centred, goal-oriented approach to helping people achieve change through exploring and resolving ambivalence. Motivational interviewing was developed in the 1980's by Drs William Miller and Stephen Rollnick to help addiction treatment clinicians achieve better retention and engagement in changing problematic behaviours. Since then, MI has been disseminated across a broad spectrum of clinical, educational, corrections, and sporting settings, as well as in the area of organisational change. MI has fast become a cornerstone skill for anyone performing in a helping role, no matter the discipline or industry.

The trainer, Mikel Gellatly, has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2017, and has provided a variety of national and international MI training events in addiction, corrections, medical and hospital settings, and for defence force psychologists in Singapore. Mikel's practice experience has focused on the understanding and treatment of addiction behaviours, as well as designing and delivering residential alcohol and drug treatment services since 2010. Mikel is the clinical services manager for Lives Lived Well, Residential Services Central QLD.



**WHEN?** Wednesday 16 June 2021 // 8:00am – 5:00pm

**WHERE?** Hervey Bay RSL, 11 Torquay Road, Pialba, QLD 4655

**HOW DO I BOOK?** Please register for the event [here](#)

### Foundational Skills & Building Skills Workshops (1-day Workshop)

- Agenda Setting and Review with Group
- Overview of MI: Getting on the same page - Exploring change and motivation
- Introduction to MI
  - What is (and is not)
  - How it was developed
  - Research supporting MI
- MI Spirit, skills and strategies
- Importance, values and meaning
- The importance of understanding and interacting with in-session language
  - Discrepancy
  - Ambivalence
  - Sustain talk
  - Change talk
  - Discord
- Deepening reflective listening skills
- Working with change and sustain talk
- Rolling with discord
- Weaving it together in your work setting
- Ongoing skill building plan