

# Working with those who are Ambivalent about Changing? Motivational Interviewing Workshop for Health Professionals in Huron County

**May 5, 2011 9:00 a.m. - 4:30 p.m.**  
Huron County Health Unit, Clinton

**Expert Guest Speaker Angela Rolleman, MSW, RSW**

## **Motivational Interviewing Workshop 9:00 a.m. - 2:45 p.m.**

Motivational Interviewing is a person-centred approach to bring about and build motivation for change.

This interactive training event will help you:

- understand the relationship between motivational interventions and the stages of change;
- apply motivational interviewing strategies to explore and resolve negative health behaviours such as smoking; and
- strengthen your empathic counselling skills.

**Participants are also encouraged to attend**

## **Network Development 3:00 p.m. - 4:30 p.m.**

Following the workshop, Health Professionals are invited to take part in a discussion about creating a Community of Practice for Tobacco Use Prevention, Protection, and Cessation in Huron County. The Community of Practice will serve as a forum for health professionals to regularly connect to discuss tobacco use issues and to collaborate and strengthen the services available to Huron County residents.



**Lunch Provided**

**RSVP by April 20**  
**[mturner@huroncounty.ca](mailto:mturner@huroncounty.ca)**

Identify the sessions you will be attending as well as special dietary needs.