



Professional Development Workshops

Introduction to Motivational Interviewing

March 2, 2012 9am - 4pm Cost: \$165

“The natural response of anyone who is challenged about a behavior over which they are ambivalent, is to argue the counter position”
— Saunders & Wilkinson, 1990

Motivational Interviewing (MI), developed by clinical psychologists William Miller and Stephen Rollnick, is a directive, client-centered approach used to strengthen clients’ motivation for positive behaviour change by exploring and resolving feelings of ambivalence. MI is used hand-in-hand with the “Stages of Change” model (also known as the Transtheoretical Model), and different motivational interviewing techniques are recommended depending on the client’s stage of readiness for change.

Motivational Interviewing was first developed for work with problem drinkers, after findings indicated that the traditional methods of aggressive confrontation and/or direct persuasion with this population actually served to increase client resistance and reduce the probability of change. Research has since shown that the MI approach is effective in activating positive behaviour change for a wide range of concerns including diabetes management, smoking cessation, weight loss, unemployment, health care improvement, and mental health problems.

This one-day interactive workshop will introduce participants to the fundamental principles and techniques of motivational interviewing. Through discussions, case examples, demonstrations, and small and large group exercises, participants will also have an opportunity for hands-on practice and skill-building.

Upon completion of this training, participants will be able to:

- describe the basic concepts of motivational interviewing, including its spirit and essential strategies
- describe the “Stages of Change” model and explain the relationship between motivational interventions and stages of change
- assess clients’ readiness for change
- implement motivational interviewing strategies to explore and resolve clients' feelings of ambivalence or resistance to change
- identify and facilitate “change talk” in their clients
- strengthen empathic counselling skills (described by the OARS acronym)