

Motivational Interviewing Workshop for Health Care Professionals

Motivational Interviewing is a patient-centered way to help explore and resolve ambivalence about changing. MI facilitates change by focusing on motivational processes within the individual.

- Introduction to Motivational Interviewing (MI)
- Communication skills and principles of MI
- Highly interactive
- Emphasis on practicing and fine-tuning communication skills
- Focus on patients with chronic health conditions
- No previous training in MI necessary
- Challenging, highly practical skills-based training
- Split across two evenings



Presenter: Julianne Osborne is a registered Clinical Psychologist in private practice at Psychology Associates in Dunedin. Julianne completed her Clinical training in Australia and has been living and working in New Zealand for almost 7 years. She has over 10 years' experience working in mental health, incorporating motivational interviewing skills in her work with adolescents, adults, and the elderly. She is keenly interested in MI's use in the wider health sector and its potential to enhance professional-patient interactions and outcomes.

**Monday 10th AND Wednesday 12th
August 2015,
6pm to 8pm**

Psychology Associates Development Centre
Level One, NMA Building, 49 Water Street, Dunedin

\$172.50 (including GST) if registered by 1st of August
\$230.00 (including GST) if registered after 1st of August

Register online at www.psychologyassociates.co.nz

