

# Motivational Interviewing Workshop

RECOVER Injury Research Centre

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.

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.

Date: Tuesday 26 November 2019

Time: 9:00am - 5:00pm

Venue: ViewPoint Room, Building 33,  
The University of Queensland,  
Union Road, St Lucia, QLD 4067  
([Directions](#))

Cost: \$45 standard, \$15 student

Registrations: <https://www.eventbrite.com.au/e/motivational-interviewing-workshop-tickets-79105890849>



## Participants attending this workshop will:

- Learn to 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



“Motivational interviewing is a goal-centred, client-centred counselling style for eliciting behaviour change by helping people to explore and resolve ambivalence.”

Program	
8:30am	Registrations open
9:00am	Main session* Morning tea, lunch and afternoon tea will be provided
5:00pm	Workshop close

## Keynote speaker

**Dr Stan Steindl** BA, PGDipPsych, MCLinPsych, PhD

Clinical Psychologist, Psychology Consultants

Stan is a clinical psychologist with broad experience spanning over 20 years in both public and private practice settings. His PhD examined motivational interviewing techniques and cognitive behavioural therapy in the treatment of combat veterans with co-morbid post-traumatic stress disorder and alcohol dependence.

Stan is an experienced presenter, an adjunct senior lecturer at The University of Queensland, and conducts regular workshops on motivational interviewing and cognitive-behavioural therapy. Most recent workshops have been presented to such organisations as the Australian Psychological Society, Queensland Health, Queensland Cancer Fund, National Heart Foundation, Vietnam Veterans' Counselling Service, and St Andrews Hospital.

### For further details, please contact:

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