

## Motivational Interviewing Series

The Central West Self-Management Program is pleased to offer a Motivational Interviewing Workshop Series for health care providers. This workshop series will give you focused opportunity to practice motivational interviewing skills introduced to assist you with challenging client-clinician interactions.

In the first part of the workshop, **Enhanced Reflective Listening Skills and Eliciting Change Talk**, participants will learn how to use complex reflections and tools to elicit and respond to change talk from clients. While in the second part, **Rolling with Client Resistance and Using Reflections to Counter Resistance**, participants will gain awareness and understanding into client resistance and learn how to skillfully use reflections to counter resistance.

### Intended Audience:

Nurses, social workers, pharmacists, physicians, occupational therapists, physiotherapists, dietitians, care coordinators, administrators, kinesiologists, receptionists, policy makers, community support/outreach workers, recreation therapists, healthcare students and volunteers and all other providers who support person-centered care.

### Facilitator:

Tammy Purdy MSW, RSW, is an experienced clinician and a facilitator for Institute for Health Care Communication's Choices and Changes workshop. She has been providing Motivational Interviewing skills training for several years and is a member of the CAMH-Community of Practice in Motivational Interviewing.

#### 1. Workshop-Part One:

Date: September 7<sup>th</sup>, 2016

Location: BCH N.1.823

**Option 1: MORNING Session Time:** 9:00am-12:00pm \*Light breakfast Included

**Option 2: AFTERNOON Session Time:** 1:00pm-4:00pm \*Light lunch Included

#### 2. Workshop-Part Two:

Date: October 20<sup>th</sup>, 2016

Location: BCH N.LL.708

**Option 1: MORNING Session Time:** 9:00am-12:00pm \*Light breakfast Included

**Option 2: AFTERNOON Session Time:** 1:00pm-4:00pm \*Light lunch Included

### Registration

For more information or to register please:

Email: [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca) Call: 905-494-6752 ext 6