

How to *really* **motivate** clients

Peter Senge author of the Fifth Discipline said, “**People don’t resist change, they resist being changed.**”

Sydney
27th August 2010

This **high impact course** looks at the most effective methods available for increasing client motivation to change. It also considers how best to strengthen behaviour change over time. Particular emphasis is placed on motivational interviewing.

Motivational interviewing is a deeply respectful evidence based approach that has been shown to increase client motivation in a wide range of areas including **primary care, substance misuse, psychiatry, brain injury, forensic services, and occupational rehabilitation.**

This 1 day course is **suitable for** all clinicians, managers, and direct support staff working in any of these areas.

Because of the day’s extremely positive orientation, and highly effective principles, staff are motivated to apply concepts immediately in their own workplace.



How to really motivate clients

a **1 day** introduction to motivational interviewing with **Dr David Manchester** suitable for wide range of areas including primary care, substance misuse, psychiatry, brain injury, forensic services, and occupational rehabilitation.

After this day you will have covered

- Why traditional approaches to motivating clients often fail
- How to assess client motivation for change, and why it is essential that you do so
- What is motivational interviewing, for whom is it helpful and how is it learnt?
- Powerful methods for working with even highly ambivalent and angry clients
- How to give difficult feedback in a helpful way
- Client language that actually predicts behaviour change; what it is and how to help increase it
- Designing change plans that work; what the research really tells us

Facilitator: David Manchester is a clinical psychologist with over 19 years experience in hospital and community psychology. For over 7 years he was the clinical team leader in rehabilitation services for persons with severe behavioural and cognitive difficulties. He is also a Practitioner Full Member of the British Psychological Society's Division of Neuropsychology.

David trained as a trainer in Motivational Interviewing in the USA with Dr Therese Moyers and Dr Bill Miller and is a member of the international group the **motivational interviewing network of trainers (MINT)**. He is practice leader in psychology with a state wide disability service in Australia, and is also director of MLR consulting psychology.

How to book: Send a cheque for \$264.00 together with the booking form below to **MLR consulting psychology** PO Box 702 Moonah Tasmania 7009.

Registration Form: How to *really* motivate clients

Tax Invoice

This form can be used as a tax invoice for all tax purposes. MLR consulting psychology PTY ABN: 50111101912

Yes Enrol me now

I enclose a cheque or postal order payable to MLR consulting psychology for \$264.00 (Includes \$24.00 GST).

Participant Name (Please Print): _____

Position: _____

Organisation: _____

Organisation Address: _____ Postcode: _____

Telephone Number: _____ Fax: _____

E-Mail: _____

Special requirements (e.g. diet): _____

Sydney CBD 27th August 2010 The Portside Centre 207 Kent Street, Sydney NSW 2000

Conditions: Full payment is required to register a place. Cancellation in writing up to 10 working days prior to a course leads to a full refund. No refund can be given for cancellation within 10 working days of a course. We reserve the right to cancel or postpone an event in exceptional circumstances. If this occurs a full refund of registration fees is given.

Contact

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e enquiry@MLRpsych.com

What's included

- Instruction by an experienced facilitator and senior clinician
 - Specialised workbook and course materials
 - Video demonstration of key techniques
 - Personalised certificate of completion
 - Opportunity to meet colleagues from other services
- TIME: 9.00am – 4.00pm Fee \$264.00 GST inclusive