

# 2 DAY TRAINING IN MOTIVATIONAL INTERVIEWING

for all clinicians in mental health, forensic, and brain injury services

## After attending this course you will know:

- Why traditional approaches to increasing client motivation usually fail
- The key therapy skills that significantly increase client engagement in treatment, be this in the community, a hospital, or a secure setting
- What really strengthens behaviour change over time: not only clients' behaviour but your's too!
- How to engage and work collaboratively with even highly resistant clients
- The major cognitive strengths nearly all clients retain, and how to use these to greatly improve client recall and learning

**Motivational Interviewing.** Motivational Interviewing is an evidence based approach to working with clients who are resistant to, or ambivalent about behaviour change. It is a highly effective approach that has been widely researched in multiple settings and for a wide array of behavioural issues.

with

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For more information visit [www.mlropsych.com](http://www.mlropsych.com) or phone 03 6228 2400