

16-17 March 2006
Christchurch, New Zealand

MOTIVATIONAL INTERVIEWING 20 YEARS ON

Motivational interviewing is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Compared with nondirective counselling, it is more focused and goal-directed. The examination and resolution of ambivalence is its central purpose, and the counselor is intentionally directive in pursuing this goal.

Over the past 20 years much has been learned about the clinical effectiveness and limitations of MI across a wide range of healthcare settings. Basic training in MI has been extensive in New Zealand and throughout the world.

As many people have discovered,

learning motivational interviewing is *easier said than done*. It is an ongoing process of self-evaluation that is furthered through real life practice and objective feedback. What the research tells us about learning MI is that just reading the MI book, watching videos or attending one workshop does is not enough to properly develop proficiency in the approach.

In the absence of extended coaching and feedback following a basic training, attending an advanced MI training is one way to assess your training needs then develop your MI skills.

Registration is limited to 15 people.

ADVANCED TRAINING IN MOTIVATIONAL INTERVIEWING

This is an intensive day and a half workshop that aims to extend practitioner's skills in using Motivational Interviewing.

A wide range of innovative experiential training techniques that incorporate demonstration, practice and feedback as the framework for learning will be employed in this workshop.

This workshop is suitable for experienced practitioners working across a variety of settings including addictions treatment, medical settings, corrections facilities, mental health care, and social services.

Proficiency and experience in using MI is assumed as a starting point as the workshop will focus on advanced clinical skills. Participants are strongly encouraged to bring along a work sample (audio tape) for self-assessment purposes.

In this advanced workshop trainees will:

- Become familiar with the 8 stages of learning MI
- Conduct a self-assessment of MI skill level
- Deepen and "complexify" reflective listening skills
- Learn how to elicit change talk
- Become familiar with Phase II strategies
- Develop an action plan
- Introduction to the Motivational Interviewing Treatment integrity Code - Understand and code the process of MI
- Learn how to switch between MI and other counselling approaches
- Become familiar understanding therapists' values in the directive aspect of MI

DR JOEL PORTER

Joel Porter has over 15 years of dedicated clinical experience in the addiction field and has practised in a wide range of community and residential addiction and mental health treatment programs in the United States, Germany and New Zealand.

Trained by William Miller, Ph.D, Theresa Moyers, Ph.D and Denise Ernst, MS, MA, he is a member of the Motivational Interviewing Network of Trainers. He is Director of the Pacific Centre for Motivational Change in Hamilton, New Zealand.

Joel is a Senior Clinical Lecturer for the National Addiction Centre – Christchurch School of Medicine. He is also a Research Consultant for the Waikato Institute of Technology. Joel's research and clinical interests rest primarily in the areas of addiction and addictive behaviours. Most recently, he has developed an interest in the treatment of gambling addiction.

PACIFIC CENTRES FOR MOTIVATION & CHANGE NEW ZEALAND - AUSTRALIA

PCMC New Zealand and Australia specialise in providing the most up-to-date training and professional consultation in Motivational Interviewing, Negotiating Health Behaviour Change, relapse prevention, fundamental counseling skills and seminars in ethics and PCMC has provided training throughout Australia and New Zealand,

as well as in Singapore, Hong Kong and Myanmar.

PCMC is Dr Porter in New Zealand and Dr Suzanne Habib in Australia who are active members of the International Motivational Interviewing Network of Trainers (www.motivationalinterview.org).

Please contact us to learn more about PCMC – www.pacificcmc.com

Workshop Schedule

16 March
1:00-5:00

17 March
9:00-5:00

THE
VENUE

National Addiction Centre

Kahukura Room

3rd Floor, Terrace House

4 Oxford Terrace

Christchurch

Information on Christchurch and local accommodation

www.christchurch.org.nz

www.jasons.co.nz

www.aatravel.co.nz

REGISTRATION FORM

Please register me for the Advanced MI workshop
National Addiction Centre, 4 Oxford Terrace, Christchurch

Please print clearly.

TAX INVOICE
GST Number
89-787-939

- REGISTRATION NZ\$200.00 + \$25.00 GST \$ _____
- Full time Student registration (Student ID required) NZ\$150.00 + \$18.75 GST \$ _____

Includes morning tea/lunch/afternoon tea

TOTAL \$ _____

**Registrations
Cannot be
Processed
Without
Payment**

Name: _____

Postal Address: _____

City: _____ State: _____ Country: _____

Post Code: _____ Contact Number: _____

Fax Number: _____

e-mail address: _____

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Please indicate (tick) method of payment:

I enclose a cheque/money order (made out to PCMC, Ltd)
for amount of \$ _____

Electronic Funds Transfer:

PCMC Limited 030 318 0819905 025

Please indicate **name of delegate** on electronic transaction

Please mail/fax registration form and payment to:

PCMC, Ltd. * PO Box 19174 * Hamilton, New Zealand

Fax: +64 (0)7 838-2845

FOR MORE INFORMATION PLEASE CONTACT

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PCMC New Zealand
Pacific Centre for Motivation and Change