Motivational Interviewing 1: Core Skills and Spirit
Multidisciplinary Workshop February 20\textsuperscript{th} 2020 SYDNEY
Workshop Facilitator: Tara MacGregor PACFA Reg Clinical & APD

About the Workshop
This dynamic workshop aims to provide the essential start-up knowledge for practising effective behaviour change counselling in a one day format. Suitable for all health & counselling service professionals working with behavior change, the workshop provides essential MI theory but is primarily focused on delivering quality, evidence based experiential learning. The training format includes guided paired experientials, video & live demonstrations, real life scenarios and time for individual reflection. Attendees are supported to reflect on their experiences with assisting clients and also their own personal change process to understand what works and what does not when it comes to helping people to change. The experientials and demonstrations affirm each attendees’ own unique developing skill base. This ensures attendees leave with skills that they are confident and excited to implement. The workshop embodies the ‘Spirit’ of MI by respecting the experience, ideas and learning autonomy of attendees.

What you will learn
At the completion of training you will be able to:
• Identify from experience roadblocks to facilitating client change in an advisory counselling model
• Describe and demonstrate the ‘Spirit’ of MI
• Identify and practice the components of OARS: micro-skills of MI
• Describe the effective delivery of client centred information and advice
• Practice combining MI Spirit and Skill in a real-life behavior change counselling session
• Reflect on your current practice and plan to support your ongoing skill development

How this will help you in your work
• Press ‘Refresh’ and enjoy a great day with colleagues that is both fun and educational
• Enhance your confidence in this vital area so that you feel more useful in your role
• Improve client retention
• Prevent burn out by getting clearer on what is your job and what is your client’s job

Feedback from APDs attending ‘Motivational Interviewing 1: Core Skills and Spirit’
‘This was a wonderful experience, I learnt new skills that make sense and appear easy enough to start now. The workshop was very practical and I was able to practice skills so it doesn’t feel overwhelming’ APD Attendee

‘This was a beautiful, insightful workshop; a safe environment to learn and self-reflect. The workshop reassured me in terms of my own counselling skills and client focus. A must for any Dietitian.’ B.L. APD Attendee

‘The workshop was great training; practical and relevant for use in practice. Tara was very approachable, provided a great environment and knowledge’ KM APD Attendee

‘This workshop is such a wonderful opportunity to work on a fundamental skill for our profession – so inspiring. To see Tara use the skills with us during the session was invaluable! Great structure to the whole day’ A.S APD Attendee

Read More Feedback about Pavestones’ MI Training

Tara is an experienced health professional who has for over 20 years’ been supporting people to manage the challenges of living with chronic disease and mental health issues in both inpatient and community settings. She is a professional Counsellor and Psychotherapist, Clinical Member of PACFA (Psychotherapist & Counsellors Federation of Australia), Member of MINT (Motivational Interviewing Network of Trainers), PACFA Accredited Supervisor and an Accredited Practising Dietitian. Since 2004, Tara has specialised in private practice assisting people with a broad range of self-development and wellbeing challenges, in particular: recovery from disordered eating. She provides skills training, mentoring & clinical supervision for health professionals and is a committed advocate of the Health at Every Size ® approach. Tara is recognised for her dedication to excellence in counselling practice through her training and monthly newsletter. She brings to her work warmth, humour and a ‘down to earth’ understanding of the real-life challenges of living and working well in the context of modern lives.

Workshop Details

When: Thursday February 20th 2020. 8.45am for 9am – 5pm

Where: Fuller Hall. Crows Nest Centre, 2 Ernest Place, Crows Nest NSW 2065
Refer to Crows Nest Centre brochure for parking, map and transport options

Cost: All Fees are inclusive of GST and incur a 2% Booking Fee

- Early bird $315.00 Close 24/1/20
- Standard Rate $365.00 Close 6/2/20 - closing date for all regos below
- Two Event Discount $295.00 If attending MI 2 on 6/2/20 additional MI2 ticket reqd
- Repeat Attendance $195.00 For attendees repeating MI1

To Book: Click on the ‘Register Now’ button or go to https://www.trybooking.com/BGXCK

Enquiries: tara@taramacgregor.com.au

About Practice Pavestones www.taramacgregor.com.au

Practice Pavestones is a unique training and skills development service for health and counselling professionals wanting to incorporate an evidence based, client centred orientation to their practice to enhance behaviour change outcomes for their clients. Practice Pavestones can provide skill development services across a broad range of disciplines and is owned and operated by Tara MacGregor PACFA Reg & APD. Services include Quality Experiential Training, Free Monthly Skills Newsletter and Clinical Supervision & Mentoring.

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