Motivational Interviewing 2: The Power of Process & Change Talk
Multidisciplinary Workshop Friday February 21st 2020 SYDNEY
Workshop Facilitator: Tara MacGregor PACFA Reg Clinical & APD

About the Workshop
Do you work with clients who struggle to make change or who may be described as ‘resistant’? This workshop is designed to take your Motivational Interviewing practice to the next level by affirming and extending on your developing MI skill base. The workshop content is suitable for all Health Practitioners who have completed ‘MI 1: Core Skills and Spirit’ (or other day-long experiential introductory MI training).

Attendees will be guided through the Four Processes of MI which scaffold the behavior change counselling process into specific stages with unique tasks and tools. The workshop content supports real life application of the Four Processes so that attendees leave with something that is useful and makes sense in their work context. Role plays, videos, live demonstrations & reflection time will illuminate learning to assist with attendee skill integration. Expect to have some fun along the way!

Registration includes full catering and a workbook. Class size is capped for your optimal learning.

What you will learn
- Name the Four Processes of Motivational Interviewing & demonstrate specific skills for each stage
- Describe & experience how MI uses ‘Spirit’ and OARS to ‘dance’ through the four processes
- Identify Evoking as the key process in MI and say why it is integral to effective health behavior change counselling
- Identify and work with Change Talk, Sustain Talk and Discord (resistance)
- Understand why clients ‘become resistant’, how MI reframes this and work with tools that help you to take responsibility as a practitioner for assisting so called ‘resistant clients’ effectively

How this will help you in your work
- Feel more confident about working alongside clients who ‘don’t want to change’
- Stop wasting time on strategies that don’t help clients to change
- Improve your client retention

‘Press Refresh’ and enjoy a great day of learning and affirming your skills with like-minded colleagues

Feedback from Motivational Interviewing 2: The Power of Process & Change Talk
This workshop is an amazing way to really get to grips with MI and most importantly how to use it right away! APD Attendee

This workshop is a brilliant overview of everything important in the MI model. The training is fun, practical and a great blend of theory and practice. I loved the workbook – lots of practical ideas I can use. J.S. AASW Attendee

Tara’s gentle steady confidence in the skills results in modelling MI in the process of learning MI. So much fun participating in quirky demo activities! If you work with behavior change…you need to do this training. You will increase your effectiveness, confidence to help and dramatically reduce your own stress. APD Attendee

Read More Feedback from Pavestones’ MI Training
About the Speaker

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: Friday February 21st 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 30c 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 1 on 20/2/20 additional MI1 ticket reqd
Repeat Attendance $195.00 For attendees repeating MI2

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

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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