

Professional Development Workshop:

# Motivational Interviewing

## Introduction to Motivational Interviewing

11 - 12 Nov 2016  
Sunshine Coast

24 - 25 Nov 2016  
Gold Coast

Dr Stan Steindl

**Motivational Interviewing (MI)** is a therapeutic approach for facilitating productive and meaningful conversations about health behaviour change.

MI combines the relational skills of partnership, acceptance and compassion with the technical skills of advanced listening to help people identify their own motivations around change.

MI has been found to be incredibly helpful in a range of clinical contexts, and has demonstrated effectiveness in assisting people to change a broad range of health behaviours, including:

- alcohol, tobacco and other drug use;
- dietary and eating behaviours;
- exercise and behavioural activation;
- risky sexual behaviours;
- public health behaviours; and
- treatment adherence.

This two-day introductory workshop is designed for health practitioners from a wide range of disciplines and work contexts. Both those who might be new to MI and want to learn it from the ground up, as well as those who have had previous exposure to its spirit and skills and want to deepen their practice, will benefit from this workshop.

The workshop is delivered with a mix of didactic information and experiential exercises. It is highly interactive and participants will have the opportunity to observe, practice and discuss the relational and technical aspects of MI.

## Workshop Details

**Arrival:** 8.30 am  
**Workshop Start:** 9.00 am  
**Workshop Finish:** 4.30 pm

**Venues:** University of  
Sunshine Coast (USC)  
90 Sippy Downs Dve  
Sippy Downs Q 4556  
  
Southport Yacht Club  
1 Macarthur Pde  
Main Beach Q 4217

**Included:** Morning tea, lunch  
and afternoon tea

**Contact:** 0438 912 221

# About the Presenter

**Dr Stan Steindl - BA, PGDipPsych, MClInPsych, PhD**

- *Clinical Psychologist, Psychology Consultants Pty Ltd*
- *Adjunct Associate Professor, School of Psychology, UQ*
- *Member, APS College of Clinical Psychologists*
- *Member, Motivational Interviewing Network of Trainers*

Stan is a clinical psychologist with broad experience spanning over 20 years in both public and private practice settings.

His PhD examined motivational interviewing techniques and cognitive-behavioural therapy in the treatment of combat veterans with co-morbid posttraumatic stress disorder and alcohol dependence.

He has maintained a strong interest in motivational interviewing techniques and in 2007 he participated in a 'train-the-trainer' workshop in Chicago, USA. He has conducted workshops on the topic of MI throughout Australia since then, and has become widely recognised as leading engaging and practical training experiences.

Stan is an experienced presenter and besides MI, he also conducts regular workshops on relapse prevention, cognitive-behavioural therapy and compassion.



## Registration Information

**Total Fees Payable (including GST):**

**\$473.00**

Registration and payments can be made at <https://trybooking.com/MHNE> (Sunshine Coast Workshop), <https://trybooking.com/MHPN> (Gold Coast Workshop) or by contacting Roselee Krisohos on 0438 912 221 or [roselee\\_k@me.com](mailto:roselee_k@me.com)

### **Cancellation Policy:**

\$50 cancellation fee up to 14 days before the workshop, \$100 cancellation fee for within 14 days of the workshop commencement

***No refunds can be made to cancellations made less than 72 hours prior to the training date.***