



2 Day Workshops JULY 2016

MOTIVATIONAL INTERVIEWING IN GROUPS

Moving Together Toward Change

Motivational interviewing (MI) is an empathic, goal-oriented therapeutic approach that elicits change in health, mental health, and addictive behaviours. MI was developed as an individual approach, and adapting MI to group interactions requires us to rethink the core practices to harness the power of group support, cohesion and momentum. This training reviews the essential elements of MI, provides detailed information on the process of adapting MI to groups across a variety of formats, including group set up and use of skills to shape group conversation. The workshop is highly experiential, leading participants through group practice exercises across the four phases of MI groups.

Recent participant feedback about this workshop

- *I loved the hands-on and practice-oriented approach*
- *The best part was how we worked ourselves in a really structured way through the process*
- *The interactive, small-group-based format was effective and memorable*
- *The exercises in the small group were very important and gave me lots of inspiration and ideas of how to work with groups in my clinic*

The workshop aims to assist participants to:

- Understand group practice of MI compared to individual practice
- Understand how MI groups combine group processes, client-centered foundation and focus on change
- Develop a greater knowledge of the range of MI group design options
- Understand the four phases of MI groups
- Experience and observe MI groups in action
- Develop basic to advanced MI group leadership skills

The workshop covers the following key areas:

1. Reorienting from individualistic to group perspective
2. Key issues in therapeutic groups
3. Similarities and differences between individual and group MI
4. Group conversational shaping
5. Phase I: Engaging the group
6. Phase II: Exploring member perspectives
7. Phase III: Building momentum for change
8. Phase IV: Moving into action

VENUES

Melbourne – 1-2nd Aug

Brisbane – 4-5th Aug

Auckland – 9-10th Aug

PRICES

Aus \$520 (no GST)

NZ \$575 (incl. GST)

[Click here to secure your space](#)

CHRIS WAGNER

About

Chris Wagner is Associate Professor at Virginia Commonwealth University in the Departments of Rehabilitation Counselling, Psychology and Psychiatry, and is a Licensed Clinical Psychologist. He has led psychotherapeutic, psycho-educational, and support groups targeting addictive behaviours, sexual behaviours and identity, HIV disease coping, schizophrenia, and organ transplant, as well as general adult mental health.

Motivational Interviewing and MINT

Dr Wagner has been a member of Motivational Interviewing Network of Trainers (MINT) since 1998, also serving MINT in various roles through the years. Dr Wagner co-authored "Motivational Interviewing in Groups" with Dr Karen Ingersoll – a 2013 book published by Guilford Press, as part of the official MI series edited by Dr Bill Miller and Dr Steve Rollnick, the initial developers of MI. He is committed to creating safe, positive learning environments where participants can practice skills.



For more info visit...

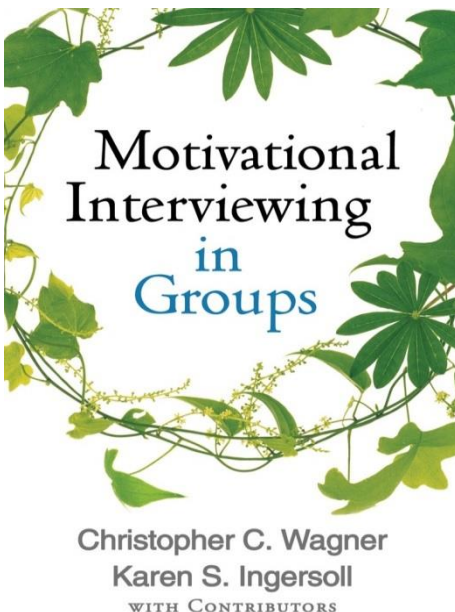
mioceania.org/events

[Click here to secure your place](#) (limited to 40 places per workshop)

Contact us at...

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Review of Wagner & Ingersoll (2013) MOTIVATIONAL INTERVIEWING IN GROUPS

This book is a response to the yearning for greater knowledge and skills and the practical integration of different perspectives and offers an exceedingly practical, accessible, and helpful roadmap to its use. As an instructive guide, this text not only affirms this method of practice in groups, but also offers a plethora of very helpful "how-tos" with an array of client populations. This book comes at a much-needed time in the field. - **Social Work with Groups**

Wagner and Ingersoll link the four processes of MI - engaging, focusing, evoking and planning - to four phases of group development: engaging the group, exploring perspectives, broadening client perspectives and moving to action. These phases frame the heart of the book, with a bounty of practical suggestions for using MI in groups. This book will be a key reference point for the developments of MI in groups in the years ahead. - **Addiction**

Motivational Interviewing in Groups promises to be an important-perhaps even seminal-book that may usher group MI into its eventual heyday of research and practice. Anyone who wants to develop an MI group should consult Motivational Interviewing in Groups. - **Contemporary Psychology: APA Review of Books**

ABOUT MI Oceania

MI Oceania was formed by the local members of the Motivational Interviewing Network of Trainers (MINT). This non-profit group covers Australia, New Zealand and the South Pacific Islands.

More info at

www.mioceania.org