

Increasing Client Motivation to Change an Introduction to Motivational Interviewing

Dr Joel Porter - Brief Bio

Joel Porter, BA, MA, PsyD

Since 1987, Joel has worked in a wide range of clinical, academic and professional training settings. His career has focused on working with people to overcome and manage addiction and mental health concerns. Joel is currently a member of the training team at Hall McMaster & Associates (HMA). He works closely with Matua Raki, The National Addiction Workforce programme and is a Senior Clinical Lecturer at the National Addiction Centre. Joel is a member of the International Motivational Interviewing Network of Trainers and has provided MI training throughout New Zealand and Australia, as well as in Asia, Europe and North America.



Motivational Interviewing

Motivational interviewing (MI) is a clinical counselling method to help people make decisions about change. It involves the use of empathic listening and other counselling skills to elicit and consolidate a person's motivation to change. In contrast with methods that rely on directly persuading people into change, MI is based on conveying acceptance and hope with respect for peoples' individuality and autonomy, thereby providing the professional with the opportunity to skilfully elicit peoples' own good reasons to change. For more information about MI see www.motivationalinterview.org

In this comprehensive workshop participants will:

- Develop and understand the fundamental spirit and principles of MI
- Learn and practice core counselling skills of this approach
- Gain experience and confidence through demonstration and practice
- Become familiar with research evidence on the efficacy of this method
- Explore how this approach may be applied in one's own clinical setting

To enrol, please complete the registration form below and post to:
HMA, PO Box 604, Christchurch 8140



Ph (64) 3 374 9347 | Web www.hma.co.nz | Email info@hma.co.nz

Registration Form

Increasing Client Motivation to Change - an introduction to motivational interviewing

Name(s) _____
Agency _____
Postal address _____
City _____ Phone _____
Email _____

2 day workshop
8-9 December 2011
9am to 4.30pm
Stamford Plaza
Albert Street, Auckland CBD
Cost \$350 + GST

Registration includes morning and afternoon tea, lunch and printed hand-outs. Please advise any dietary requirements on the back of this form

Number of participants attending _____

I enclose cheque payable to HMA Ltd for

\$ _____

Post to: **HMA Ltd, PO Box 604, Christchurch 8140**

Confirmation of registration will be e-mailed upon receipt of payment

A cancellation fee of \$20 will apply. No refunds will be given for cancellations made less than 7 days prior to workshop dates