Motivational Interviewing and Behavioural Change Techniques

headspace extends an invitation to general practitioners, school counsellors, youth workers, allied health professionals and associated professions working with young people aged 12-25 years.

Date: Monday 2nd August 2010 8:45am registrations for a 9:00am - 5:00pm Lunch, morning & afternoon tea provided

Venue: Adelaide Northern Division of General Practice
2 Peachey Road Elizabeth West

Facilitated by: Dr Ben Wells (psychiatrist)

Cost: $120.00

DESCRIPTION OF WORKSHOP

This one-day workshop is very interactive and assists skill development as it provides realistic case studies which form the basis of roles plays and facilitated group and paired discussion. The workshop will be presented by a specialist trainer who has extensive experience with motivational interviewing and behavioural change techniques.

This workshop is designed to assist practitioners’ skill development in:

- Effective interventions such as motivational interviewing and cognitive behavioural treatments for young people with mental health and substance use problems
- The appropriate use of motivational interviewing in order to resolve ambivalence about changing behaviours and engaging in treatment, improve the young person’s intrinsic motivation to change and maintain low levels of treatment resistance
- Understanding of and ability to undertake an assessment of the most appropriate cognitive behavioural model for treatment of mental health and substance use problems

Registration of Interest Form

Register your interest to attend by completing this form and faxing to 8252 9433 by the 26/7/2010

Name_________________________________ Occupation_____________________________________

Organisation______________________________________________________________

Mobile No___________________________ Email_____________________________

Dietary requirements: Halal ☐ Vegetarian ☐ Gluten Free ☐ Other_____________

Payment of $120.00 (inc GST) is required if you receive a notification from headspace that your registration has been accepted.

For further details please contact Ana Maria Byerley, headspace Project Officer on 8209 0700.