

NEW Motivational Interviewing Workshops

The Central West Self-Management Program is pleased to offer Motivational Interviewing Workshops for health care providers. These workshops give focused opportunity to practice motivational interviewing skills introduced to assist you with challenging client-clinician interactions.

Engaging Patients Effectively: Working with Pre-contemplators

Prerequisites – C&C and/or BAP

Are you frustrated when you try to discuss risky behaviours with patients who do not seem to be interested in making changes?

In this workshop you will learn how to:

- Identify different types of pre-contemplators
- Intervene to encourage patients to start thinking about making healthy changes

Rolling with Patient Resistance

Prerequisites – C&C and/or BAP and The Art of Enhanced Reflective Listening

Do you work with patients who are resistant to making healthy behaviour changes?

In this workshop you will learn how to:

- Identify origins and subtle forms of patient resistance
- Skillfully use reflections to reduce resistance and enhance engagement

Audience:

Those working in the areas of administration, clinical services, hospital support services, rehabilitation, recreation, volunteer services, healthcare students and others supporting patient/client care.

Facilitator:

Tammy Purdy MSW, RSW: Experienced clinician, member of the CAMH-Community of Practice in Motivational Interviewing, and a facilitator for Institute for Health Care Communication's Choices and Changes workshop. Tammy has been providing Motivational Interviewing skills training for several years.

1. Engaging Patients Effectively: Working with Pre-contemplators

Date: Tuesday February 13th 2018

Location: Brampton Civic Hospital

- N.2.764

Session Time: 9:00am-12:00pm *Light breakfast Included

2. Rolling with Patient Resistance

Date: Tuesday February 13th 2018

Location: Brampton Civic Hospital

- N.2.764

Session Time: 1:00pm-4:00pm *Light lunch Included

Registration or More Information:

Email: cdsm@williamoslerhs.ca Call: 905 863 2574 or 1-844-643-7393

Central West Self-Management Program

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