

# 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.

## Advanced Reflective Listening

*Prerequisites – C&C and/or BAP*

**Do you struggle working with patients who are thinking about change but not ready to take action?**

In this workshop you will learn:

- How to quickly establish rapport with patients?
- Enhanced reflective listening skills to engage patients who are reluctant to make changes
- How to gently raise discrepancy between patients values and behaviours to help motivate them to make healthy changes

## Discussing the Benefits of Change

*Prerequisites – C&C and/or BAP*

**Are you tired of trying to convince patients to make changes?**

In this workshop you will learn:

- How to ask questions that prompt patient's to discuss their own reasons for making healthy changes
- Strategies to assess patient's readiness to make healthy changes

### 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. Advanced Reflective Listening

Date: Tuesday March 6<sup>th</sup>, 2018

Location: Etobicoke General Hospital

- Boardroom

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

#### 2. Discussing the Benefits of Change

Date: Tuesday March 6<sup>th</sup>, 2018

Location: Etobicoke General Hospital

- Boardroom

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

### Registration or More Information:

Email: [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca) Call: 905 863 2574 or 1-844-643-7393

### Central West Self-Management Program

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