

Workshop Description:

This is an introduction to the evidence-based clinical method of Motivational Interviewing (MI) for working with violence and abuse. After orientation to the underlying spirit, structure and skills of Motivational Interviewing, participants are offered practical exercises to help strengthen empathy skills in the face of people choosing to be violent, to recognize and elicit client "change talk", and how to roll with resistance and hostility. We address how to use patient/client assessment & feedback in Motivational Interviewing. Research evidence is reviewed for the efficacy of Motivational Interviewing and for the importance of good client/patient relationship in positive outcomes in the fields of criminal justice, health and mental health care.

What Participants will learn:

Every student will be able to:

- Describe three aspects of the spirit of Motivational interviewing
- Explain the difference between MI and client/patient-centered approaches.
- Demonstrate the ability to respond to patients with empathic reflective statements
- Identify change talk within client/patient speech
- Generate empathic reflections & open questions designed to elicit change
- Generate -consistent responses to patient/client resistance statements
- Differentiate commitment language from other forms of change talk
- Provide an empathic summary statement collecting change talk

About your Trainer:

Stephen R. Andrew, LCSW, LADC, CCS, CGP, Consultant, Trainer, Author and Chief Energizing Officer of Health Education Training Institute. Stephen is the former substance abuse counsellor for a public school system, the former Executive Director of an adolescent prevention/ treatment agency. He is the cofounder of the Men's Resource Center of Southern Maine – the mission is to support boys, men and fathers and oppose violence. Stephen maintains a compassion-focused private practice in Portland, Maine and facilitates a variety of groups; men, co-ed, couple and caregivers. He is a member of M.I.N.T.

(Motivational Interviewing Network of Trainers).

He is a co-authored of a book; "Men's Healing: a Tool-box of Life".
www.hetimaine.org

Outline of Workshop

Day One:

- Introduction – Overview, Principles and Spirit of Motivational Interviewing (MI)
- 3 Characteristics of MI – Compassion, Evocation, Autonomy
- 3 Principles/Processes of MI – Engagement, Heighten Ambivalence, Empowerment in working with Violence and Abuse
- Righting Reflex – How perpetrators get triggered by violence
- Principle 1: Empathy the MI style
 - o Express Empathy: How therapeutic empathy changes rage in the person
 - o Accurate Empathy Reflection
 - Forming reflections: Use simple & complex reflection. When to use which skill when working with victims and perpetrators
 - Different Levels of reflection: amplify, double-sided, affective
- Exercises: Demonstration, Role Play, Video
 - o A Taste of MI – Presence, Interest and Curiosity
 - o Speed dating (listening)
 - o Video (non verbal violent client)
 - o Demonstration – Using MI to work with violent clients and victims
- Questions and Answers

Day Two

- OARS
 - o O: Open-ended questions
 - o A: Affirmations
 - o R: Reflections
 - o S: Summary
- Use OARS to engage violent clients and victims
- Principle 2: Heighten Ambivalence
 - o Directive aspect of Change Talk
 - o Preparatory Change Talk (Desire, Ability, Reasons, Need)
 - o Activating Change Talk
 - o Eliciting Change Talk
 - o Responding to Change Talk

Day two (cont'd)

- Exercises: Demonstration, Role Play
 - o Demonstration of Change Talk
 - o Rowing with OARS: How to use engagement skills with violent clients
 - o Quiz: Find the Change Talk and How to Respond to victims and perpetrators
- Using MI as a Stand-Alone or an Addition to your current Treatment method in dealing with Violence and Abuse

Day Three

- Principle 3: Roll with Resistance and Sustain Talk
 - o Responding to sustain talk and resistance from clients
 - o Reflective responses that create a competent and positive world view of the behaviour of violence
- Exercises: Demonstration, Role Play and DVD
 - o Batting practices
 - o DVD: Soccer Mike
 - o 3 Ways for Team Consultation
- Giving Feedback in an MI Style
- Principle 4: Support Self-efficacy
 - o Recognising readiness
 - o Eliciting and Strengthening confidence and commitment language from clients
 - o Exercise: Round Robin
- Wrap-up: Continuing to learn MI

Methodology:

The methods of instruction will include lecture, overheads, handouts, video and hands on practice, including role/real play. Also, *Stephen's approach during the entire workshop is a living example of Motivational Interviewing.*

FEE	* Time: 9 am to 5 pm	* Venue: To be confirmed
	Fee	\$955.00 per pax
	Volunteer Welfare Organisation eligible for VCF funding - 60% pre-approved	\$382.00 per pax

For More Information
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The above are subjected to changes due to unforeseen circumstances