

# PROFESSIONAL TRAINING WORKSHOP



## What is Motivational Interviewing (MI)?

- Evidence-based clinical method that helps client increase motivation for change, resolves ambivalence, strengthen commitment and carry through with behaviour change.
- Based on Carl Roger's client-directed therapy and a more directive style that deals with client's willingness, readiness and ability to change.
- Originally devised to help people with alcohol / drug problems, MI is now widely used in health-care, criminal justice, rehabilitation and medical setting.

## What is Process Addiction?

- "Process and activity addictions" have recently been used to categorize addictive behaviours such as sex, internet use, relationships, spending, exercise and gambling
- Assessment and treatment of process addictions have historically mirrored substance-related addictions. Our understanding of the psychological and sociological aspects of addiction to chemicals has been generalized to behaviours that do not involve the ingestion of mind or mood altering substances.
- Motivational interviewing, relapse prevention, cognitive behavioural therapy and 12-Step appear to be the most common evidence-based interventions adapted to address process addictions.

## Who should attend?

- Psychiatrists, Psychologists, Counsellors, Marital and Family Therapists, Social Workers, Case Managers
- General Physicians, Physiotherapists, Occupational Therapists, Nurses,
- School Counsellors, Teachers, Principals
- Academics, Counselling Educators, Health Educators

## Programme Details

Workshop:	Process Addiction	MI Basic Level	MI Intermediate Level*	Health Behaviour Change: Enhancing Engagement and Adherence
Format:	Intensive interactive format with didactic training, discussion, demonstration, and experiential learning practice.			
Venue:	Level 3 Function Room 2 Drama Centre 100 Victoria Street, National Library (S) 188064			
Date, Day & Time:	7 and 8 November 2008 Friday and Saturday 9.00 am to 5.00 pm	10 and 11 November 2008 Monday & Tuesday 9.00 am – 5.00 pm	12 and 13 November 2008 Wednesday & Thursday 9.00 am – 5.00 pm	14 November 2008 Friday 9.00 am – 5.00 pm
Investment	Normal : \$380 per pax Early Bird : \$320 per pax ** \$152 (60% VCF subsidy)*** \$228 (40% VCF subsidy)****	Normal : \$450 per pax Early Bird: \$380 per pax** \$90 (80% VCF subsidy)*** \$180 (60% VCF subsidy)**	Normal : \$450 per pax Early Bird : \$380 per pax ** \$90 (80% VCF subsidy)*** \$180 (60% VCF subsidy)****	Normal : \$230 per pax Early Bird : \$190 per pax ** \$92 (60% VCF subsidy)*** \$138 (40% VCF subsidy)****

\*Participants who wish to register for the Intermediate workshop must have registered for or previously completed the Basic level.

\*\*Registration before 07 October 2008

\*\*\* Applicable to Singaporean and PR of NCSS member VWOs

\*\*\*\* Applicable to Work Permit (WP) / Employment Pass (EP) holders of NCSS member VWOs

## About the Presenter

### Joel Porter, BS, MA, PsyD

Joel is the Director of the Pacific Centre for Motivation and Change- New Zealand, and Co-Director of *Open House* providing evidence-based treatment and professional development in the areas of addiction, attachment theory and healthy living. He was also a former Director of the University of Auckland, Centre for Gambling Studies. Joel has over 15 years of dedicated clinical experience in the addiction field and has practiced in a wide range of community and residential treatment programs in the United States, Germany and New Zealand.

Joel received his training in Motivational Interviewing from William Miller, PhD and Theresa Moyers, PhD in Santa Fe, New Mexico, USA and Crete, Greece and is a member of the International Motivational Interviewing Network of Trainers. Joel is a Senior Clinical Lecturer for the National Addiction Centre (Christchurch School of Medicine) and is lecturer at the Wellington Institute of Technology's Alcohol & Drug Studies program.

Joel is a charter member of the New Zealand School of the Addictions organizing committee. His research and professional interests include the systematic impacts of addictive behaviours, trauma and addictions and professional training in treating addictive behaviours. Since 2004, Joel has developed a research and training interest in the area of gambling treatment. Joel is currently clinical advisor to Shan You Counselling Centre, Singapore.



## Process Addiction

### **7 November 2008**

- What is Addiction? Developing a Shared Definition of Addiction through Dialogue
- Exploring the Historical, Biological, and Psycho-Social Worlds of Addiction
- Process Addictions and the Singapore Society
- The Lure of Immediate Gratification: Addicted to Gambling, Sex, Spending and the Internet
- Treatment of Process Addictions: Show me the Evidence!
- Treatment Efficacy versus Treatment Effectiveness
- Research Based Evidence versus Practice Based Evidence
- Natural Recovery: More than a Myth
- What to do when the Demand for Treatment Precedes Evidence-based Approaches
- Beyond the Cutting Edge: Treatment Integration

### **8 November 2008**

- Service Based Interventions
- The importance of Rapport and Relationship Building
- Models of Care
- The importance of Supervision and Consultation
- Developing the Ideal Service: An Interactive Exercise
- Community Based Interventions: A Little Bit of Help can Really Go A Long Way
- Telephone and Internet Based Models of Care
- Developing the Ideal Community Service: An Interactive Exercise

## MI Intermediate Level

### **12 November 2008**

- Overview of MI
- The Eight Stages of Learning MI
- Completion of Self-Assessment Tool
- Complexifying Reflective Listening
- Eliciting and Reinforcing Change Talk

## MI Basic Level

### **10 November 2008**

- What is Motivational Interviewing?
- The Spirit and Principles of MI
- Phase 1 – Building Motivation for Change
- Opening Strategies in MI
- Becoming familiar with and practicing the Key Microskills of MI
- Understanding and Recognizing Change Talk
- Understanding and Working with Resistance

### **11 November 2008**

- Understanding and Working with Ambivalence
- Pros and Cons, Importance and Confidence Rulers
- The Role of Client Values in MI
- Phase 2 – Strengthening Commitment to Change
- Understanding Decision Making
- Recognizing Signs of Readiness to Change
- Learning How to Transit from Phase 1 to Phase 2
- Moving Towards Action
- Becoming Aware of the Hazards of Phase 2
- Negotiating a Change Plan

### **13 November 2008**

- Understanding and Coding the Process of MI
- Bringing it All Together – Sustained Practice in MI
- The Role of Therapist Values in the Directive Aspect of MI
- Switching between MI and Other Approaches
- Where to go from here – Integrating MI into Ones Own Clinical or Counselling Setting

**Note: The Intermediate workshop is for individuals who have completed the Basic workshop (or equivalent training).**

# Health Behaviour Change: Enhancing Engagement and Adherence

**14 November 2008**

- Why and How Do People Change: What does the Research Tell Us?
- Motivational Interviewing and Health Behaviour Change - Underlying Theory and Philosophy
- Engaging the client/patient and establishing rapport - Effective Questioning and Reflective Listening
- Setting the Agenda
- Assessing importance and confidence - Exploring and Building Importance
- Key Clinical Strategies - Engaging the Client, Agenda Setting, Assessing Readiness, Enhancing Readiness, Exchanging Information, and Working With Resistance
- Bringing the model together - Adapting the Model for Use in Trainees' Clinical Setting.

## Registration Slip **YES! I would like to register for!** (Please tick accordingly)

### Process Addiction

- Early Bird (S\$320.00)
- Normal (S\$380.00)
- 60% VCF (S\$152.00)
- 40% VCF (S\$228.00)

### MI Basic

- Early Bird (S\$380.00)
- Normal (S\$450.00)
- 80% VCF (S\$90.00)
- 60% VCF (S\$180.00)

### MI Intermediate

- Early Bird (S\$380.00)
- Normal (S\$450.00)
- 80% VCF (S\$90.00)
- 60% VCF (S\$180.00)

### Health Behaviour Change

- Early Bird (S\$190.00)
- Normal (S\$230.00)
- 60% VCF (S\$92.00)
- 40% VCF (S\$138.00)

Name: (Dr/Mr/Ms/Mdm) \_\_\_\_\_ NRIC/FIN No: \_\_\_\_\_

Company Name \_\_\_\_\_ Designation \_\_\_\_\_

Address \_\_\_\_\_ S(\_\_\_\_\_)

Contact No (H) \_\_\_\_\_ (O) \_\_\_\_\_ (Mobile) \_\_\_\_\_ Email \_\_\_\_\_

VCF Reference No (for those eligible for VCF) \_\_\_\_\_

Please make cheque payable to “**SHAN YOU COUNSELLING CENTRE**” (please note spelling) and send to Shan You Counselling Centre (Block 5 Upper Boon Keng Road #02-15 Singapore 380005) with the registration slip **before 31 October 2008**.

For enquiries, please contact **Matt / Kum Yew / Ee Lin** at Shan You Counselling Centre:

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## Terms and Conditions

- Information is correct at time of printing, but is subjected to change without prior notice.
- Payment is required to confirm reservation of seat.
- No refund is allowed for any cancellation. Substitute is allowed, but must be received in writing 1 week prior to the workshops.
- SYCC reserve the rights to cancel the workshops before 07 November 2008. Paid participants will be refunded.