

Workshop 13: Motivational Interviewing: Empowering Change

Presenter

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Overview

Motivational interviewing acknowledges that many people experience ambivalence when deciding to make changes and can perceive both the advantages and disadvantages of changing, or continuing, with current behaviours. The aim is not to immediately focus on the action of changing, rather working to enhance motivation to change. This workshop offers a 'taster' regarding what motivational interviewing is; the benefits of use; where it can be used, with whom, and where to seek more information. You will hear from two dietitians and a clinical psychologist who incorporate MI into their own practice, which has transformed the way they work with clients.

Learning outcomes

- To understand what underlies the power of the motivational interviewing technique
- To understand the importance of encouraging the client to talk herself or himself into changing their behaviour, rather than having it suggested or advised by someone else.

Target audience

Emerging Dietitians wanting to improve their skills in motivational interviewing.

Workshop abstract

Background Motivational interviewing acknowledges that many people experience ambivalence when deciding to make changes and that people can perceive both the advantages and disadvantages of changing, or continuing, with their current behaviour. The aim is not to immediately focus on the action of changing, rather working to enhance motivation to change. Overview This workshop offers a 'taster' regarding what motivational interviewing is; the benefits of use; where it can be used, with whom, and where to seek more information. You will hear from two dietitians and a clinical psychologist who incorporate MI into their own practice, which has transformed the way they work with clients. Evidence Reviews report positive outcomes for Motivational Interviewing and suggest it could be useful for a wide range of behavioural and health problems (Lundahl et al. 2013, Patient Education and Counselling) Strategies Dietetic case study -using MI Participant discussion.