

2011 Workshop Series

Change for Good Health

Using Motivational Interviewing (MI) With Youth & Families

July 14th-West Vancouver
July 21st-Vancouver

Motivational Interviewing (MI) is an evidence-based method that is used widely in healthcare to help individuals change towards healthy behaviors. It is a person centered, goal oriented, method of communication for eliciting and strengthening intrinsic motivation for positive change. There is over 30 years of research on MI with positive trials in mental health, addictions, cardiovascular disease, diabetes, diet, hypertension, and prevention of HIV infection. Current applications of MI span across all behavior related health conditions and it is now being adopted within management.

The purpose of this course is to provide professionals working with youth concrete and practical communication tools to apply in their own practices. Emphasis will be on common child, adolescent, and young adult behavioral related health conditions. Specific tools to work with resistant and/or ambivalent youth and/or their families will be provided.



LEARNING OBJECTIVES:

At the conclusion of this full day workshop, the participant will:

- 1) Understand the rational, background, and evidence of motivational interviewing with regards to facilitating positive behavioral change.
- 2) Understand the key principles of motivational communication
- 3) Demonstrate skills related to assessing and enhancing motivation for healthy change.



COURSE LEVEL: Basic. No prior knowledge or experience is required.

AUDIENCE: All.

FORMAT: Interactive discussions, break-out practice sessions, multi-media exercises, feedback, and evaluation surveys.

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Part 1:

830-900 - Registration

9-12pm

Introducing Motivational Interviewing
for the Healthcare Professional

- The Spirit of Motivational Communication
- Using Person Centered Communication Skills
- Dealing with Denial, Resistance, and Ambivalence- Basic

Part 2:

1230-2pm

Facilitating Positive Behavioral Change
for Health

- Recognize Change Talk vs. Sustain Talk
- Elicit and Reinforce Change Talk
- Dealing with Denial, Resistance, and Ambivalence – Advanced

Part 3:

2-4 pm

Moving Towards Change and Action –
Develop Your Own Motivational Style

- Developing a Change Plan
- Consolidating Commitment

**Register Now-Space is limited.
Cost: \$260.00 + HST**

**Accredited for 6 hours by the Canadian
Counseling and Psychotherapy
Association**

*" People only change when the
pain of change is less than the
pain of staying the same."*

-Saunders's Law of Behavior Change



**PRESENTER: DR. SHIMI KANG
MD, FRCPC**

**Clinical Assistant Professor,
University of British Columbia**

**Member-Motivational Interviewing
Network of Trainers (MINT)**

**Founder-Provincial Youth Concurrent
Disorders Program, BC Children's
Hospital**

**Psychiatrist-BC Reproductive Mental
Health Program, BC Women's
Hospital**

www.drshimikang.com

info@drshimikang.com