

York University Psychology Clinic

The clinic is pleased to offer this exciting, new training format

Learning Motivational Interviewing Through Deliberate Practice

Dates: Tuesday May 28 & Wednesday May 29, 2019

Location: Rm 519 Kaneff Tower, Keele Campus, York University

Motivational Interviewing (MI) is an empirically supported treatment that has been shown to enhance engagement and outcomes (especially long-term outcomes) for numerous clinical problems. It is a brief, client-centered therapy aimed at understanding and resolving ambivalence to change. MI has been shown to be effective in the treatment of addictions and numerous other health and mental health problems. This workshop will show you how to integrate MI techniques into your practice so you can help clients/patients identify the road-blocks that keep them stuck and enhance their motivation for change.

Prepare to roll up your sleeves and work as this workshop is highly interactive. This novel program has recently been reconstructed to be consistent with the latest training innovation in our field, namely the concept of “Deliberate Practice”. Deliberate Practice is the method used to train everyone from musicians, to athletes, to surgeons and it is now being applied to psychotherapy training. It involves the use of repeated feedback to actual specific scenarios and simulations in order shape and improve trainee responding. You will learn through involvement in a variety of engaging exercises & will grow in your skills as you get feedback about how to respond to those often complex and difficult scenarios. Scenarios include ambivalence, resistance, and even client hostility/anger across a wide variety of clinical domains (anxiety, eating disorder, addictions, health behaviors, etc.). Emphasis is placed on using videotape and other exercises to slow down and break down the complex process between client and therapist to help you identify moment-to-moment markers of ambivalence and resistance and then brainstorm effective responses to enhance client engagement. Emphasis is also placed on managing your own emotional reactions in these challenging encounters. You will also have the chance to apply and extend your learning to manage specific scenarios and client resistance statements you have encountered in your own clinical work and unique context.

We have even subjected this newly constructed workshop using deliberate practice methods to scientific scrutiny in order to assess (rather than assume) its actual training value. In a recent study, participants showed large increases in empathy and in MI-consistent responding to video vignettes of ambivalent, resistant, and critical clients from pre to post-workshop. They also showed improvements in their emotional reactions to difficult clients, including feeling more positive, less afraid, and less uncertain about how to respond to challenging resistant clients. Their overall satisfaction with the workshop was extremely high.



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Participants Remarkd:

- *I learned a lot more than I have at other workshops. I feel I have actual skills I can use in my practice.*
- *By the end, because we had worked up to it, I was actually eager for the role play because I wanted to play some more with the skills I was learning.*
- *I realized that my fear of being criticized and getting negative feedback was holding me back. This workshop shows you that it's possible to actually deal and deal well with difficult, critical clients, without feeling deflated.*
- *The novel combination of videos, group exercises, even role plays was super creative and exceptional. I learned a ton that I can apply to my practice right away.*
- *This workshop was different from other MI workshops I have been to. Way more practice (I LOVED the videos). Way more emphasis on MI spirit and Way more learning.*

Learning Objectives

1. To train your ears to identify key motivational markers in the process of therapy (ambivalence, change talk, resistance, hostility);
2. To learn key skills in responding to motivational markers in order to move productively to resolving ambivalence and enhancing commitment to change;
3. To cultivate empathic understanding and use it to enhance intrinsic motivation;
4. To develop the key attitude ("MI Spirit") necessary to 'roll with resistance';
5. To learn to move flexibly with clients to blend more supportive and more directive clinical styles

Who Should Attend?

This workshop is designed for psychologists, social workers, counsellors, psychotherapists, and health/mental health professionals. As issues of motivation are central and ever-present in clinical practice and present in a wide range of clinical populations, this workshop will expand your clinical skills when working with the majority of your patients and clients. The examples are drawn from a wide variety of clinical contexts and there will also be room to work with specific examples from your own particular context. And regardless of the specific focus of the illustrations, the emphasis is less on a particular population and more on the general MI principles and skills which transcend specific populations and can be applied to many diverse contexts.

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About Dr. Henny Westra

Dr. Westra is Professor in the Department of Psychology at York University in Toronto. Prior to this she was the Clinical Director of the Anxiety and Affective Disorders Service at the London Health Sciences Centre. She has published over 80 peer reviewed articles and book chapters, and given hundreds of presentations and workshops on MI. She is author of the book "Motivational Interviewing in the Treatment of Anxiety" and was also co-editor with Arkowitz, Miller and Rollnick on the book "Motivational Interviewing in the Treatment of Psychological Problems" which has been translated into eight languages. She has received funding from the National Institute of Mental Health and the Canadian Institute of Health Research for her research on Motivational Interviewing, resistance and interpersonal process in CBT.

To read an article describing Deliberate Practice – go to the clinic website

<https://yupc.info.yorku.ca/continuing-education/>

Fees: \$325.00 – early bird special rate valid until April 9,2019: **\$395.00** after this date

\$175.00 student rate (full time students; with valid ID)

A certain percentage of registrations have been saved for students, so please register early if interested

Registration forms can be accessed on the clinic's website –

<https://yupc.info.yorku.ca/continuing-education/>