

# MOTIVATIONAL INTERVIEWING: INTO BETTER SERVICES

A 1-Day Symposium

Tuesday 3rd November 2009

A 1-Day Workshop

Wednesday 4th November 2009

## From the heart of everyday practice

Any practitioner in health or social care, manager, researcher or policy maker interested in behaviour change is invited to attend this 1-day symposium on Motivational Interviewing (MI), and/or to attend a skills-based workshop the following day.

### WHERE

Mercure Holland House Hotel, Newport Road, Cardiff

### WHEN

- 1-day symposium on motivational interviewing: 3<sup>rd</sup> November 2009, £60
- 1-day skills workshop on motivational interviewing: 4<sup>th</sup> November 2009, £60

### SPONSORS

- The Department of Primary Care & Public Health, Cardiff University
- SEWTU (The South East Wales Trials Unit)

### THE SYMPOSIUM

MI is a counselling method for enhancing people's motivation to change behaviour. It has been the subject of over 170 randomised controlled trials and is considered best evidence-based practice in many settings around the world. This symposium is designed to present motivational interviewing from inside the heart of everyday practice. It is for anyone in health and social care with an interest in behaviour change. It will provide an update on MI, a critical look at the evidence, and many examples of good practice from Wales and beyond.

Highlights will include presentations and panel discussions on the following topics:

- *MI & its impact* (Vaughn Keller, Humana, USA; Stephen Rollnick & Chris Butler, Cardiff, Wales)
- *MI and young pregnant mothers in deprived settings* (Kate Billingham, Ann Rowe, UK Department of Health)
- *MI & children: making a difference with diabetes* (John Gregory, Sue Channon, Cardiff, Wales)
- *MI & families in trouble* (Rhoda Emlyn-Jones, Cardiff, Wales).
- *MI in primary care, schools, health promotion, smoking cessation, severe mental illness and addiction*

### THE WORKSHOP

This follows the symposium, and is designed as a general introduction to MI, to be delivered Dr Stephen Rollnick and a colleague experienced in MI training. The aim of the workshop is to provide an overview of MI, and the opportunity to observe good practice and participate in some skill-building exercises.

### TO REGISTER

**Web** - [www.cardiff.ac.uk/medic/subsites/sewtu/events](http://www.cardiff.ac.uk/medic/subsites/sewtu/events)  
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