



Michelle Taylor POET OT

The NEWS #2

Thank you for joining me for *The NEWS #2*!

A home for health, wellbeing and the arts!

MICHELLE TAYLOR

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NEW WORKSHOP

INTRODUCTION TO MOTIVATIONAL INTERVIEWING

I'm so excited to be able to offer this new workshop! I've had many people asking about their options when it comes to learning the skills of Motivational Interviewing (MI). You can read the textbook by Miller and Rollnick (be sure to purchase the 2023 edition) and this is an excellent way to increase your understanding of MI.

To go deeper and to develop skills in Motivational Interviewing it really takes practice and application, so a workshop is the perfect place to help you do this.

I've listened to what you'd like and created a 2 day online workshop open to all disciplines and service areas! (and time zones - depending on where you live!) There will be a limit on the number of participants to keep our learning interactive so get in early to avoid missing out.

An **additional bonus** of attending this workshop is you will gain the foundational skills to join the [MI PRACTICE POD](#) - keep reading *The NEWS #2* to find out more!

You can use the link or the QR code below to learn about the workshop and to register now! Or read on to find out more details.

[Motivational Interviewing Workshop](#)



This workshop will be run over 2 days and will be online.

15 & 22 November 2024 - 9am to 3pm

INTRODUCTION TO MOTIVATIONAL INTERVIEWING WORKSHOP

Motivational Interviewing (MI) is a particular way of talking with people about change and growth to strengthen their own motivation and commitment (Miller & Rollnick, 2023). MI provides workers with skills and strategies to support people to make meaningful changes, particularly when change is a struggle. It also offers ways to deal with common issues such as ambivalence, relapsing conditions, lack of importance, confidence and readiness to change, and discord between client and worker.

MI has a strong evidence base demonstrating its effectiveness in a wide range of areas including mental health, substance use/addictions, physical health including lifestyle, exercise, nutrition, body weight, pain, oral health and within education, employment and custodial services.

This practical workshop introduces participants to the core elements of MI and provides opportunities to practise skills and apply these across a range of service delivery settings. It will use a variety of formats including lecture style, videos, demonstrations of MI in practice, small group and pairs activities to practise skills, opportunities to trial MI tools and goal planning to apply in practice.

WHO CAN ATTEND

The workshop is open to anyone working in health care, community care, educational, employment and correctional settings. It is suitable for clinicians of all disciplines, undergraduates and managers. This workshop is suitable for beginners and also those

who'd like to refresh their skills, improve their confidence or who wish to be updated on recent changes to MI based on the textbook published in 2023.

LEARNING OUTCOMES

At the end of the training you will:

Understand what MI is for, when and why to use it and how it works

Understand and be able to use relevant skills related to:

- The spirit of MI
- The four tasks of MI - Engaging, Focusing, Evoking, Planning
- OARS
- Change talk and sustain talk
- Managing ambivalence
- Responding to discord
- The stages of change model
- Offering advice and information
- Importance, confidence and readiness

Be able to bring an MI approach to practice alongside your current approaches

Have a range of tools and strategies to use for MI

Have resources and ways to continue to develop your MI practice

Want to know more about Motivational Interviewing?

Download this FREE RESOURCE [Motivational Interviewing Information](#) or visit [Michelle's website](#)

NEW in 2025 The **MI PRACTICE POD**

It can be a challenge to find opportunities to practise and improve your MI skills once you've completed introductory training.

*In 2025 I will be offering a place to do this - **The MI PRACTICE POD!***

You'll have the opportunity to meet with others to practise MI skills and strategies each month, to explore ideas, applications and ways of integrating MI alongside your other approaches, and to receive and try new resources. Sounds exciting, doesn't it! 😊

I'll be sharing more details and opening registration for the MI PRACTICE POD later this year. Can't wait to begin deepening our MI practise together! Stay tuned.

Still want more ways to learn and practise MI?

Here are some other opportunities available.

I have workshops with OT Australia coming up <https://otaus.com.au/cpd>

Or send me a message at michelle@michelleataylor.com to talk about a workshop to meet your needs.

Coaching is another opportunity to improve and consolidate your skills and confidence using MI. Even one or two sessions can help to apply the key components of MI alongside your current approaches. If you prefer one on one time to practise and reflect with supportive feedback and guidance send me a message at michelle@michelleataylor.com to talk more.

And don't forget the official **website** <https://motivationalinterviewing.org/> which has many resources.

Hope

I'll leave you with a wonderful quote. It's about hope, one of the central components of MI (and life). Enjoy!

Hope has been recognized as an important and central element of healing, and has been known by many other names, including optimism, the placebo effect, self-efficacy, and positive expectancies. This chapter explores the quality of hope, and how it is involved in treatment and change. Often equated with the particular promise of a cure, hope is better understood in its broader meanings that involve will, way, wish, action, and horizon. This richer and deeper context of hope is a vital perspective for the therapist. Helping clients to find and realize their sources of hope can be a process of waiting together for a clearer vision to emerge. It is important to remember that the task is not one of installing hope as much as evoking it, calling it forth from the client's own resources. In this sense, hope is not given as much as found. What therapists can give their clients is, at most, a lens or mirror through which their own vision is clarified.

Yahne, C. E., & Miller, W. R. (1999). Evoking hope. In W. R. Miller (Ed.), *Integrating spirituality into treatment: Resources for practitioners* (pp. 217–233). American Psychological Association



A picture of Ballina, New South Wales, Australia looking out to the horizon across the blue seas in whale season. PS We did see many whales as we looked out across the water.

Thank you for taking the time to read my newsletter! Please feel free to share *The NEWS* with others who may be interested (and to never miss out on the latest news, subscribe on my website).

Wishing you all the best until next time,

Michelle

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