

Motivational Interviewing Foundation Skills Workshop REPORT

Tuesday 18th and Wednesday 19th July 2017

“Great training. Excellent trainer. Helen did a fantastic job, was engaging and provided meaningful examples for participants from a range of services. Would recommend this training for others/organisations in our region. Recommended as an option for employment service providers”

WHAT IS MOTIVATIONAL INTERVIEWING?

Motivational Interviewing (MI) is a collaborative method for guiding conversations about behaviour change. This two-day workshop is for workers in health, community and any other profession where you may engage in conversations about change. Rather than replace other approaches, MI has a capacity to enhance and deepen the full range of interventions you use by bringing a more acute awareness to the how and when of conversation, rather than just what you talk about.

The workshop held in Swan Hill was facilitated by Helen Mentha from Helen Mentha Consulting who has worked previously with Southern Mallee PCP to run training locally, is a registered clinical psychologist and member of the Motivational Interviewing Network of Trainers (MINT Inc). Helen worked for many years in the drug and alcohol field as a counsellor, dual diagnosis senior clinician, manager and supervisor.

WHY MI?

- **Southern Mallee PCP Strategic Objective:** Increase capacity of SMPCP Members to support and promote the prevention and management of chronic disease - Southern Mallee PCP Strategic Plan 2013-2017.
- **Feedback and Interest:** previous MI sessions ran in the Southern Mallee, previous capacity building events and interest from Southern Mallee PCP partners all indicated local MI sessions was a need.

WHO?

The training reached 22 participants (the maximum amount), among them GPs, Mental Health Support Workers, Counsellors, Physiotherapists, Intake and Support Coordinators and Maternal Child Health Nurses.

HOW?

This workshop was supported by funding from the Murray PHN (\$2500) which allowed participant costs to be reasonable at \$220.80 per person.

FEEDBACK

- All participants reported increased knowledge and confidence in MI
- Over 90% of participants rated Helen Mentha as an Excellent facilitator
- Future training opportunities wanted: ASIST, Bridges out of Poverty, MI refresher

FURTHER INFORMATION

- [List of participants](#)
- [Full Evaluation](#)
- [MI Flyer](#)

CONTACT

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