



## Motivational Interviewing Training

Motivational interviewing is a conversation style that is useful for clients that present with ambivalence around behaviour change. Sometimes clients tell us their goal is to do or be something different, yet their behaviour stays the same (e.g., alcohol misuse, drug misuse, diet, exercise, procrastination). A motivational interviewing approach avoids argument, resistance or defensiveness and can be integrated into your current style of having conversations with clients.

**Day 1:** Introduction to MI – Monday 11<sup>th</sup> November 2024

**Day 2:** Intermediate MI – Tuesday 12<sup>th</sup> November 2024

**Cost:** \$460 +GST total (introduction & intermediate)

**Time:** 9.30am to 4.00pm both days

- Resource materials supplied
- Morning and afternoon tea provided

**Trainer:** Mike Goulding

**Venue:** 154 Richmond Rd (entrance off Jessel St)

**DAPAANZ** points are applicable for **DAPAANZ** members (15 points per day)

*“This training is fantastic for working with clients who say they want their lives to be better, yet are stuck...”*

*“I now have the tools to work with resistance rather than against resistance...”*

### **Mike Goulding**

Registered Psychiatric Nurse, Educator, Counsellor & Supervisor.

M.HSc (Otago), RPN, PG Dip HSc, CCPC, Cert Addictions

Mike originally a trained psychiatric nurse, has counselled, managed and trained in addictions since 1985. With interests in clinical supervision, stopping violence and de-escalation issues, and motivational interviewing, he has applied these to his work with practitioners and in training situations.

### **Memberships and Affiliations**

- Registered Psychiatric Nurse (New Zealand)
- Drug & Alcohol Practitioners' Association Aotearoa New Zealand – Accredited Clinical Supervisor

**RSVP by: 31 October 2024** Keryn [office@acts.co.nz](mailto:office@acts.co.nz)

**Registration:** \$460 +GST total (introduction & intermediate)

Please email Keryn at [office@acts.co.nz](mailto:office@acts.co.nz) with your name, organisation (if applicable), email address and phone number plus details of where an invoice can be forwarded. Please await confirmation of your registration, as participant numbers are limited.