

Applying Motivational Interviewing Skills in General Practice

 Online Webinar

Sydney North Health Network (SNHN) invites local GPs and Allied Health Professionals to this webinar. Motivational interviewing is a counselling method that helps people resolve ambivalent feelings and insecurities to find the internal motivation they need to change their behaviour. This exciting evening is dedicated to supporting general practice staff to support their patients using Motivational Interviewing techniques. Attendees will learn about motivation and change, what Motivational Interviewing is and how to apply these skills in your practice to support your patients to generate positive change in their lives.

Speaker & Learning Objectives

Speaker

DR ROBBY FULLERTON | Mental Health Triage Clinical Lead SNHN

Dr Fullerton holds a dual PhD in clinical and industrial-organisational psychology from the California School of Professional Psychology. He has practised as a clinical psychotherapist and organizational consultant in a range of settings, including San Diego County Mental Health Services, San Diego State University Counselling Services, TalentSmart, Odyssey House NSW and in private practice.

Facilitator

DR CHRISTINA MAREL | SENIOR RESEARCH FELLOW

Dr Marel is a Senior Research Fellow at the Centre for Research Excellence in Mental Health and Substance Use, National Drug and Alcohol Research Centre UNSW, where her research focuses on the management and treatment of co-occurring mental and substance use disorders. She recently led the development of the National Comorbidity Guidelines and accompanying online training program. Her work also focuses on long-term trajectories of heroin dependence and co-occurring mental disorders.

Learning Objectives

- Understand motivation and change
- Understand what motivational interviewing is and when it is useful
- Learn core motivational interviewing skills
- Be able to apply motivational interviewing skills in your practice



RACGP

QI&CPD
2017-19 Accredited Activity
Category 2



2
points

This activity has been allocated 2 category 2 points under the 2017-2019 RACGP QI&CPD Program, activity number 156065

DATE:

Tuesday 28 May, 2019

TIME:

7.30pm – 8.30pm

VENUE:

Online webinar

COST:

No cost for GPs and Allied Health Professionals practising within the SNHN region

CONTACT:

For more information contact Judy or Robi from the Education Team on 9432 8250



Registration

To register, please visit: https://zoom.us/webinar/register/WN_0ldUyrowSqq-KgA9mwU4-Q