This 3 day experiential workshop provides an opportunity for AOD clinicians to review, practice and build on the underpinning evidence based counselling skills commonly used throughout the alcohol and drug sector. There will be a focus on current theory and application of motivational interviewing approaches; the role of CBT and interventions for relapse prevention and maintaining recovery. Each session will build upon the previous learning’s and invites participants to reflect on current clinical practices.

DATES, TIME & REGISTRATION

- Wednesday 14th September at TAFE Warrnambool
- Wednesday 5th October at TAFE Warrnambool and;
- Wednesday 26th October at Lighthouse Theatre, Warrnambool.

All sessions start at 9am and finish at 4pm. Morning tea & lunch provided.

You will be expected to commit to all 3 days of training. The workshop dates are staggered and delivered in a manner that builds upon skills and understanding over the 3 sessions, with the final session offering the opportunity to reflect and deepen practice.

COST $120 INCLUDING GST. CONTACT MICHELE ON 1300 009 723 TO REGISTER.

PRESENTER

SANDRA ROEG has been practising and teaching counselling skills for many years. She has specialised in the area of Motivational Interviewing and is a member of the International Motivational Interviewing Network of Trainers. She has studied mental health sciences with a focus on CBT based interventions and Mindfulness Based Relapse Prevention; running groups and training in both these areas. Sandra works for Turning Point and teaches in the Graduate Program as well as being involved in a range of projects that include working with cultural groups, families and clinicians in the areas of mental health and alcohol and drug use.

WORKSHOP OUTLINE

> DAY 1 - MI REFRESHER
Review of the current foundation MI Skills over one-day. Offering an opportunity to revisit and deepen understanding and application of the model.

> DAY 2 - DEEPENING PRACTICE
Day 2 extends the refresher with more intensive practice, observation and coaching to help bring the skills together into more flowing conversations about change.

> DAY 3 - PEER BASED REFLECTIVE PRACTICE
Building on the skills of the foundation and deepening practice sessions is the opportunity to continue to learn from each other and provide progressive feedback. Participants would be encouraged to bring case examples and discuss the application of the counselling modalities to these presentations. There will also be opportunity to discuss the role of combining MI and CBT and the use of mindfulness based relapse prevention approaches to substance and alcohol use disorders.