



# ABI

## Acquired Brain Injury Professional Training Series

Friday, October 11, 2013  
Friday, October 18, 2013

### Seminar Motivational Interviewing

Lead Coordinators  
Dr. Eric Roy, BSc, MPE, PhD  
Professor, Department of Kinesiology  
and Psychology - University of Waterloo  
and Dr. Paula Dimeck, C. Psych

Dr. Roy and Dr. Dimeck will coordinate this ongoing series  
of training seminars directed at professionals  
in Waterloo Region and Wellington County.



Hosted by Traverse Independence, BIAWW and SJHCG.

#### Seminar description: **Motivational Interviewing (MI)**

**Facilitator: Angela Rolleman, MSW, RSW**

*Motivational Interviewing (MI) is a directive, client-centered approach used to strengthen clients' motivation for positive behaviour change by exploring and resolving feelings of ambivalence. Leaders in the field of brain injury and substance abuse recommend the use of the MI approach during acute rehabilitation after brain injury and in community-based case management programs.*

*This one-day interactive workshop will introduce participants to the fundamental principles and techniques of motivational interviewing, as applied to clients with brain injuries.*

#### Learning Outcomes:

1. Describe the basic concepts of MI
2. Describe the Stages of Change model and explain the relationship between motivational interventions and stages of change
3. Assess clients' readiness for change
4. Implement MI strategies to explore and resolve clients' feelings of ambivalence or resistance to change
5. Identify and facilitate "change talk" in clients
6. Strengthen empathic counselling skills
7. Understand how to adapt MI techniques to use with clients who have brain injuries

#### Location and Schedule

Friday October 11	Guelph CCAC, Maple Room, 450 Speedvale Avenue West, Suite 201, Guelph ON
Friday October 18	WWCCAC, Room 108, 141 Weber Street South, Waterloo ON

8:30 am - 9:00 am	Registration & continental breakfast
9:00 am - 10:15 am	Presenter
10:15 am - 10:30 am	Intermission
10:30 am - 12:00 pm	Presenter
12:00 pm - 1:00 pm	Light lunch
1:00 pm - 2:15 pm	Presenter
12:15 pm - 2:30 pm	Intermission
2:30 pm - 4:30 pm	Q&A with Angela Rolleman, Dr. Paula Dimeck and Dr. Eric Roy

The seminar will be available via OTN/Webcast, and will be archived for future viewing and reference.  
[www.otn.ca](http://www.otn.ca) - Webcasting Centre - Live Events (Public)  
WWCCAC Guelph Oct 11th & Waterloo Oct 18th - Motivational Interviewing & ABI

#### Registration - Participation is Free of Charge

Please send your registration form via email to  
[m.wheeler@travind.ca](mailto:m.wheeler@travind.ca).

#### Info

[www.traverseindependence.ca/professional\\_training\\_series](http://www.traverseindependence.ca/professional_training_series)  
Tel. 519-741-5845 Ext. 2102