Motivational Interviewing for Enhancing Intrinsic Motivation

Introductory Workshop
Wednesday 18 June 2008, 2–5pm

Advanced Workshops
Thursday 26 & Friday 27 June 2008, 8:30am–4pm

Education Building, the University of Sydney, Camperdown

Content & Format
Motivational interviewing is a client-centred, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. It is a model to describe how people change certain health-related behaviours (such as stopping smoking or starting physical activity) and examines an individual’s own fears and difficulties in order to resolve the issue.

Introductory Workshop
Through formal presentations and practical activities participants will develop an understanding of motivational interviewing and key strategies.

Advanced Workshops
After completing the prerequisite Introductory Workshop, participants may undertake the advanced program where motivational interviewing will be explored in greater detail, providing practical techniques to resolve ambivalence. The focus will be on interactive delivery where individuals practice techniques within the sessions. Day 1 will develop further understandings and begin an exploration of the use of the technique. Day 2 will focus on enhancing skills and strategies.

Presenter
Dr Kate Russell is a lecturer in Human Movement and Health Education at the Faculty of Education and Social Work. She completed her PhD in 2002, investigating the development of body satisfaction and identity among women who play rugby, cricket and netball and the role context plays in determining this. Kate’s more recent research focuses on the development of perceptions of physical attractiveness among young children, and the role PE takes in the development of positive and negative body images. This is in addition to her work on child protection issues within sport and the evaluation of policy implementation in this area.

Kate is an accredited Sport and Exercise Scientist, with the British Association of Sport and Exercise Sciences, and a Chartered Psychologist within the British Psychological Society’s Division of Sport and Exercise Psychology. Kate has also extensive experience of delivering Motivational Interviewing training to a variety of health professionals and is a member of the International Network of Trainers.

Fees

(Group rates apply to two or more registrants from the same school or organisation – registrations must be submitted together)

All fees per person, GST inclusive.

For More Information
Academic enquiries: Dr Kate Russell email: k.russell@edfac.usyd.edu.au
Administrative enquiries: Ms Maria Bruzese email: m.bruzese@usyd.edu.au, phone: 9351 4799

www.proflearn.edsw.usyd.edu.au/teachers/
Motivational Interviewing for Enhancing Intrinsic Motivation

Introductory Workshop: 18 June 2008 / Advanced Workshops: 26 & 27 June 2008

REGISTRATION FORM

Please complete one form per person

Title ______________________ Name _______________________________________________________________________________

School _________________________________________________________________________________________________________

School Mail Address _____________________________________________________________________________________________

______________________________________________________________________________________ Postcode ________________

Stage/s Taught ___________________ Curriculum Area/s __________________________________________________________

School Phone _____________________________ Fax ____________________________ Mobile ______________________________

Email _________________________________________________________________ Teacher Accreditation No. ________________

FEES & PAYMENT

Per person, GST inclusive - please tick your selection:

Introductory Workshop – Wed 18 June, 2–5pm

    SINGLE □ $95        GROUP □ $85

Advanced Workshops – Thu 26 & Fri 27 June, 8:30am–4pm

    SINGLE □ $370        GROUP □ $350

(Group rates apply to two or more registrants from the same school or organisation – registration forms must be submitted together)

☐ Attached is a cheque NB: Please make payable to The University of Sydney

☐ Debit my VISA card / Mastercard (please circle)

Cardholder Name _______________________________________________________________________________ Amount $ ___________________

Card Number __________________ / __________________ / __________________ / __________________ Expiry Date __________ /________ ___

Signature ________________________________________________________________________________ Date _______________________________

FAX forms with credit card details to: 02 9351 6249

MAIL forms with cheques to: Division of Professional Learning, Education Building A35 – 607, The University of Sydney NSW 2006

CLOSING DATE for enrolments and refunds for withdrawal (less a $50 administration fee) is seven days prior to the course date.

ENROLMENT ENQUIRIES to Jim Burke: j.burke@usyd.edu.au – ph: 9036 6523

TERMS & CONDITIONS
The University of Sydney reserves the right to alter any arrangements or cancel an event or to refuse any enrolment as permitted by law. Should the University of Sydney cancel an event the participant will receive a full refund of fees. Refunds for withdrawal (less a $50 administration fee) are available if notification is received in writing either by mail or email at least seven days prior to the start date. Please choose carefully as the University of Sydney cannot accept responsibility for changes in personal circumstances or work commitments. No refunds will be given after the closing date.

DECLARATION
I have read and understand the terms and conditions and declare that the information I have provided is correct and complete.

Print Name ______________________ Signature ___________________________ Date ___________________

SURVEY

How did you find out about this event? ☐ Flyer ☐ Our website ☐ Government website ☐ Other website ☐ Internet Search (e.g. Google)

☐ Journal or Newsletter ☐ Word of mouth ☐ Other: _______________________________________________________________________________________

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