

Half Day Motivational Interviewing Workshop Focusing on Parents/Carers



Health & Wellbeing
Training Consultants

About the Workshop

Do you want to... effectively motivate, encourage and support parents/carers to improve their children's oral health and dietary habits?

Do you want to... learn practical tips to gain rapport quickly and effectively, and in turn, reduce the client's resistance?

Do you want to... engage with your patients utilising the latest, evidence-based and practical information available?

Do you want to... increase your confidence, knowledge and skills in motivating patients towards change?

If YES, then this half day training on motivational interviewing is for you!

Learning Outcomes

At the end of this interactive three hour training session on MI, you will be able to:

- understand client behaviour and motivation to change
- utilise motivational interviewing skills to explore and resolve a client's ambivalence and deal with resistance in a constructive and positive way
- utilise practical communication skills to engage in conversation with parents and carers about their children's oral health
- provide practical tips and information to support positive lifestyle change that will improve their children's oral health
- put motivational interviewing into practice with a number of tailored case studies

Who Should Attend

- professionals who would like to engage in the behaviour change conversation efficiently and effectively
- professionals who want to support their clients towards change and facilitate this process more comfortably as part of routine care
- professionals new to MI and those who have previously trained (as a refresher)

About Your Facilitator

**Stavroula Zandes,
Director**



Stavroula has a background in psychology and counselling, and worked with the Cancer Council Victoria (Quit Victoria) for 20 years in tobacco control. Her roles initially included Quitline telephone counsellor, and as a Quit Educator running seminars for smokers in the workplace and community setting.

During her time at the Cancer Council, she also managed and delivered Quit's training programs to a range of health and community professionals across Australia. As a result, Stav has trained thousands of professionals from various sectors...

Her relationships with these organisations and Educators, inspired her to establish 'Health & Wellbeing Training Consultants' in 2013 to continue to provide education and training in an area that she is deeply passionate about – people's health and wellbeing. Her training sessions focus on behaviour change and effective communication, including motivational interviewing.

She is also currently lecturing and tutoring at Monash University in the School of Public Health and Preventive Medicine. She teaches 'Introduction to Communicating Health', 'Health Program Planning' and more recently in 2018, she developed a new subject on 'Social and Behavioural Sciences in Public Health'.

In 2019, she was invited by Monash University's Faculty of Medicine, Nursing and Health Sciences (Department of Epidemiology & Preventive Medicine) to present to first year medical students on 'Health Knowledge and Society', which due to the positive feedback, will continue in 2020.

Stav is an accredited Mental Health First Aider, having participated in Australia's Mental Health First Aid 2 day training program.