

Descriptive Outline of a full day, Level 2, Advanced Motivational Interviewing (MI) & Coaching Workshop presented by *The Monarch System*TM Inc



Notes to Potential Participants *This advanced, Monarch System workshop builds on basic Motivational Interviewing (MI) skills and processes and is a progressive follow-up to Monarch's Level 1, introductory workshop on motivational interviewing. Health professionals and students enrolled in health professional programs who are considering this workshop should have a basic exposure to motivational interviewing. Secondly, this is a hands-on or experiential workshop with lots of work in interviewing dyads followed by discussions and integrations into your professional practices.*

Workshop description

The Monarch System utilizes a unique approach to learning MI skills and processes, one which integrates MI with other impactful and evidence-based behaviour change practices such as coaching methods and key elements of behaviour change theories/applications. The Monarch System's Level 2 offering is designed specifically to help health practitioners work with patients/clients who seem to experience difficulty making health behaviour changes. While this event is open to all professionals, Physical Therapists in particular, are invited to the event. Examples of MI skills and skill development will be applied to all health professions.

Many clients are caught in a perspective that they cannot change their behaviours, and/or they are overwhelmed or stuck in routines and patterns that no longer serve them. This workshop focuses on helping clients move past these change-limiting experiences, in service of fostering meaningful, desired health-related behaviour changes. The workshop briefly will review basic MI concepts before learning and practicing advanced MI processes such as using complex reflections; how to move toward, recognize, and work with change talk; utilizing balance motivational interviewing; exploring and shifting perspectives; integrating resilience in client interviews; enhancing evocative questions; and establishing committed plans of action with clients.

Upcoming Level 2 Monarch Workshop: Saturday 5 October 2019, 9:00 AM to 4:00 PM, Best Western Lamplighter Inn, London, Ontario. **Registration** online at: <https://monarchsystemlevel2advancedmiworkshop.eventbrite.com>

Learning Objectives:

At the end of this advanced, Level 2 workshop on Motivational Interviewing & Coaching skills, participants will be better able to:

- incorporate greater listening and reflective skills and levels into their client communications;
- enhance motivation and long-term commitment to change with their clients;
- work with clients' apparent behavioural stuck-ness toward realistic change goals;
- reduce professional burnout by learning to incorporate a greater repertoire of motivational interviewing skills into their work;
- facilitate behavioural change conversations using perspective shifting and instilling resilience in clients.

Workshop Facilitators:



Dr. Jennifer Irwin and Dr. Don Morrow both are award winning teachers, certified professional coaches trained and accredited with both the Coaches Training Institute and the International Coach Federation, and experienced, competent Motivational Interviewing (MI) workshop Facilitators. Both of them are also university professors, widely published authors, and proficient presenters to groups varying from small workshops to very large groups (up to 1200). Dr. Irwin is a health behaviourist and Dr. Morrow holds his PhD in the health sciences and together, they bring over 40 years of combined, professional experience to their work. They co-lead a pioneering MI-related and evidence-based research program that specializes in healthy body weight promotion and obesity reduction and prevention among youth and adults, and smoking cessation among young adults. As co-owners of The Monarch System™ Inc., our mission is to be change agent partners with health professionals who strive to motivate their clients toward sustainable behaviour choices and actions.

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