



The London District of the OPA is proud to host a virtual information session on motivational interviewing and its potential to promote behaviour change

Motivational Interviewing (MI) can be described as a process of “*arranging conversations* such that people talk themselves into change based on their own values and interests” (Miller & Rollick, *Motivational Interviewing: Helping People Change*, 2012, p.4). Grounded in addiction research, motivational interviewing is widely supported in the health care professions as an evidence-based approach to facilitating health-related behaviour changes.

Date: Thursday, Jun 3

Time: 5:30 – 6:30 pm

Registration: Email your name, practice setting, and workplace to london@opa.on.ca

(Registration is free, but is required to track numbers and to provide us with an email to send the zoom link)

Session Presenter



Dr. Don Morrow, PhD – is an award-winning teacher, certified professional coach and trained with both the Coaches Training Institute and the International Coach Federation, and an experienced Motivational Interviewing (MI) workshop facilitator. He is also a university professor, a widely published author, and an experienced presenter who has worked with groups of all sizes. Along with his wife, Dr. Jennifer Irwin, he co-leads a pioneering MI-related and evidence-based research program that specializes in healthy body weight promotion, obesity reduction and prevention among youth and adults, and smoking cessation among young adults.

Co-founder of the Monarch System, he promotes real health behaviour change using a unique blend of motivational interviewing, coaching skills, and key elements of behaviour change theory and application. The Monarch System workshops are aimed at helping health care professionals promote behaviour change with their clients. Some of these professionals include physiotherapists, social workers, nurse practitioners, pharmacists, dieticians, physicians, and dentists.



Joshua Lee, PT PhD (moderator) – is a clinician scientist who investigates the link between biology, genetics, and long-term recovery in MSK trauma. He also works clinically at the London Intercommunity Health Centre, where he sees a varied and complex clientele that come from underserved communities.