

MOTIVATIONAL INTERVIEWING IN WEIGHT MANAGEMENT



2-day Workshop
Wednesday 10th & Thursday 11th July 2019
Sophia Gardens Stadium, Cardiff, Wales
Trainer: Orla Adams, MSc

This workshop will be of interest to people working at any level in weight management. It will include a basic overview of motivational interviewing (MI) and then turn to the use of MI when talking about weight. It will be relevant to both practitioners new to MI and to those who are developing their MI skills.

It will include:

- The core skills, the four processes and the spirit of MI
- The use of MI in raising the topic of weight and engaging people in talking about it in a helpful way
- How MI is used within group programmes and individual consultations
- Sharing information and advice in an MI consistent way
- Planning and goal agreement

A wide range of learning methods will be used to create an enjoyable atmosphere for learning and sharing ideas. These will include demonstration, video observation, brief content lectures, discussion and focused practice.

Orla Adams qualified as a Dietitian in 1998 and has specialised in weight management for 15 years, spending two years in a Level 3 Specialist Weight Management Service before stepping back to meet the increasing requests for MI training. She began attending workshops in Motivational Interviewing in 2006, in 2011 became a member of the Motivational Interviewing Network of Trainers and is a support committee member for MINT UK and Ireland. She now splits her time between working for the NHS and delivering Motivational Interviewing training for various disciplines within healthcare including Dietitians, Midwives, Health Visitors, Podiatrists, Physiotherapists, GP's etc. In 2018, Orla attained an MSc with Distinction in Advanced Practice and focused on MI, exploring the experiences of healthcare professionals to attending MI training.

Venue: Amber Energy Lounge, Sophia Gardens, Cardiff, CF11 9XR.

This is a spacious and modern facility, close to the city centre, with views over the county cricket ground and surrounding parkland.

Cost: £250. There are limited reduced rate places available for registered students and groups. This price includes training fees, morning and afternoon refreshments, and buffet lunch on both days. This workshop is being run privately, and is not associated with the any organisation or institution.

Registration: Places will be booked on a first-come-first-served basis. Please complete a registration form [here](#) and ensure that payment is authorised as soon as possible. Please direct any queries to: mistephenrollnick@gmail.com