Motivational Interviewing for Anxiety and Depression

Description
Although anxiety disorders and related problems such as depression, can be highly disabling, many clients are ambivalent about change and reluctant to engage productively in the treatment.

Motivational Interviewing (MI: Miller & Rollnick, 2002) is a brief, client-centered therapy aimed at understanding and resolving ambivalence to change. MI has shown to be effective in the treatment of addictions and is beginning to show promise for in treatment of anxiety and related problems as well.

This workshop will provide an introduction to MI and show you how to integrate MI techniques with Cognitive Behavioral Therapy in the treatment of anxiety and depression so you can help patients identify the road-blocks that keep them stuck and enhance their motivation for change. Prepare to roll up your sleeves and work as this workshop is highly interactive. A combination of role-plays, demonstrations, and some didactic instruction will be used to facilitate skill acquisition.

You Will Learn
• How to identify and respond to ambivalence
• How to cultivate empathic understanding
• How to manage resistance
• How to integrate MI with CBT
• How to use action-based techniques while keeping an eye on therapeutic resistance at the same time

Targeted Audience
Psychologists, counselors, social workers, psychiatrists, nurses, other mental health professionals and students.

Suggested Reading

Schedule for the day
Registration: 8:30 am

Morning Session:
9:00 am to 12:00 noon
with a 15-minute refreshment break at 10:30 am

Lunch:
12:00 noon to 1:00 pm - provided

Afternoon Session:
1:00 pm to 4:30 pm
with a 15-minute refreshment break at 2:30 pm

Dr. Henny Westra is Associate Professor of Psychology at York University in Toronto. She has published and presented widely on adapting Motivational Interviewing to the treatment of anxiety and related problems. She is author of the upcoming book, “Integrating MI with CBT in the Treatment of Anxiety” and co-editor of the book “Motivational Interviewing in the Treatment of Psychological Problems” with Arkowitz, and the original developers of Motivational Interviewing.

Her research is funded by the Canadian Institute of Health Research and the National Institute of Mental Health. Dr. Westra is an experienced scientist and practitioner, and dynamic teacher.
# Motivational Interviewing for Anxiety and Depression

**October 28, 2011, 9 am - 4:30 pm**

Dalhousie University, Halifax

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**Fees**

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<tr>
<th></th>
<th><em>Early Bird</em></th>
<th>After Sep 30th</th>
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<tbody>
<tr>
<td>Members</td>
<td>$175</td>
<td>$225</td>
</tr>
<tr>
<td>Non-members</td>
<td>$235</td>
<td>$275</td>
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<tr>
<td>Student members</td>
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<tr>
<td>Student non-members</td>
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<tr>
<td>Group (4+ from one org.)</td>
<td>$25 off / person</td>
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*Early Bird prices in effect until September 30th, 2011

**Lunch included in price. Please indicate if you have food sensitivities**

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**Deadline for registration - Noon, Oct. 27th.** Please contact APNS to reserve space. A non-refundable admin fee of $35. will be charged for all cancellations. Notification must be received by APNS one week prior to the workshop to be eligible for a refund. Participants may name a colleague to attend in their place at no extra cost. This person must be named before the day of the workshop.