

Risk Behaviour Management

Motivational Skills Training



Wednesday 2nd November 2011

Venue: Canal Court Hotel
Merchants Quay
Newry
Time: 1.00 - 5.00pm

Orla Adams



Motivational Interviewing has proven effectiveness in management of "risk behaviours" in a range of settings from obesity management, substance misuse, smoking cessation and mental health. This course introduces the core principles of motivational interviewing and provides practice in the essential skills.

Orla Adams qualified from University of Wales Institute Cardiff in 1998 with a BSc Hons in Nutrition and Dietetics and completed her placement in The Royal Victoria Hospital. Orla works as a Community Dietician for Cardiff & Vale University Health Board since 2001.

Orla has considerable experience in training on behavioural change skills. She has a specialist interest in Motivational Interviewing and has trained under Professor Stephen Rollick.

Programme

1.00 - 2.00	Lunch
2.00 - 2.10	Introduction Outline of the afternoon
2.10 - 2.45	What is Motivational Interviewing?
2.45 - 3.30	Dealing with barriers to change
3.30 - 3.45	Refreshment break
3.45 - 4.15	Why giving advice alone does not always result in behaviour change
4.15 - 4.45	Agenda setting
4.45 - 5.00	Where to go from here

Supported by



Please complete the booking form & return to:

RCGP Northern Ireland
4 Cromac Place, Belfast, BT7 2JB
E: amclaughlin@rcgp.org.uk
T: 028 9023 0055 **F:** 028 9024 5577

Booking Form

Your Details:

(Please complete a separate form per delegate)

Title:
First Name:
Surname:
Practice:
Work Address:
Postcode:
Email:
Tel:

Please specify any dietary requirements:

Other special requirements (e.g. disabled access):

Seminar Fee: (please tick)

RCGP Members £30 / €35
Non RCGP Members £40 / €45

Payment Methods:

By cheque:

A cheque for £..... made payable to
The Royal College of General Practitioners.

By Cash:

In person at the RCGP Northern Ireland Office

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Signed: _____ Date: _____

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To be entitled to a refund, cancellations must be received in writing no less than 14 days prior to the event. No refund for cancellations received within 14 days of the event will be given. Should you be unable to attend the event a substitute delegate is welcomed.