

# INTEGRATING A MOTIVATIONAL INTERVIEWING APPROACH INTO TOBACCO TREATMENT

A one-day workshop for health care professionals to build skills to help their clients quit using tobacco.



## WORKSHOP DETAILS

Build your understanding of motivational approaches while developing confidence and skills in tobacco cessation counselling. Engaging in a combination of instructor-led and small group participatory learning activities with the opportunity for peer review and feedback, you will reflect on the underlying spirit of Motivational Interviewing (MI), and explore the processes used in this method of client interaction: engaging, focusing, evoking and planning. You will learn to recognize related concepts like ambivalence, change talk, sustain talk and discord, practice the core communication skills (open-ended questions, affirmations, reflective listening and summaries) and gain practical tips to exchange information and advice, develop hope and confidence and negotiate a change plan. This workshop will assist you in identifying individualized strategies to continue to build competency and strengthen your current practice.

## WORKSHOP PRESENTER

**Dr. Don Morrow** is an award-winning teacher, certified professional coach trained and accredited with both the Coaches Training Institute and the International Coach Federation, and an experienced, Motivational Interviewing (MI) workshop facilitator who works with PTCC on workshop delivery and development. He is also a university professor, widely published author, and proficient presenter to groups varying from small workshops to very large groups (up to 1200). Dr Morrow and his partner Dr Jennifer Irwin (of the Monarch System) created and promote an evidence-based research program that specializes in healthy body weight promotion and obesity reduction and prevention among youth and adults, and smoking cessation and tobacco control for all ages.



## DATE

Thursday, November 9, 2017  
9:00 AM to 4:00 PM (EST)  
Registration begins at 8:30 AM

## PREREQUISITES

It is recommended but not required that all participants have had some exposure to and/or experience in tobacco cessation counselling (for example but not limited to: TEACH, PTCC's Brief Cessation Counselling, OTRU's Tobacco & Public Health: From Theory to Practice, RNAO's Smoking Cessation e-learning).



## LOCATION ([Map](#))

Niagara Falls Public Library  
4848 Victoria Avenue  
Niagara Falls, ON  
L2E 4C5  
Room: LaMarsh Room

## REGISTRATION

Registration will be limited to 30 participants attending in person. The deadline for registration is **November 2, 2017**. Please note only confirmed registrants are eligible to attend.

To register, please contact Lucretia Harris at 905-688-8248 x7410 or [Lucretia.harris@niagararegion.ca](mailto:Lucretia.harris@niagararegion.ca) and provide the following information:

- First & Last Name
- Job Title/Role
- Organization
- Email
- Phone
- Dietary Restrictions

**\*Once you have registered, please complete the following pre-workshop survey to aid the facilitator in customizing the workshop material to your needs:**

<https://www.surveymonkey.com/r/MIWorkshopNiagaraNov9>



## There is **NO** registration fee.

A light breakfast, lunch and toolkit will be provided free of charge. Participants are responsible for their own travel, parking and accommodation arrangements.