

WORKING WITH MANDATED OR INVOLUNTARY CLIENTS: Engaging people being pressured to change.

Counsellors and therapists across a range of contexts encounter people who are under pressure to change. This can range from mandated clients from settings, such as child protection and criminal justice to pressure from family and employers for a person to change. The past few decades have seen a growth in programs and initiatives aimed at enforcing treatment for alcohol and other drug, mental health and offending concerns, particularly within legal and child-protection contexts. Working effectively with clients under pressure to change requires a particular set of knowledge, attitudes and skills in order to support a person to make sustained changes.

The aim of this one-day workshop is to provide participants with an opportunity to consider some of ethical issues and evidence-based approaches for working with people under pressure. The workshop will provide opportunities for participants to gain skills for engaging and supporting people who are mandated to change.

Participants will each be provided with a resource book for reference during and following the training. There will be opportunities for participants to practice and reflect on skills throughout the workshop..

Learning objectives of this training:

- Critically reflect on the challenges of working with involuntary, mandated and pressured clients.
- Discuss the ethics of mandated treatment.
- Explain the evidence for responding to extrinsic sources of change.
- Identify principles for working with mandated and pressured clients.
- Demonstrate strategies for responding to reluctance and discord.
- Reflect on the application of learning in their work setting.

Trainer:

Alison Bell has a background in Nursing and Psychology and has worked in the alcohol and other drug and mental health fields since 1987. She has been facilitating training on topics including Motivational Interviewing, mental health, addictions and gambling. Known as an enthusiastic and engaging trainer with a passion for providing participants with an opportunity to reflect on their work practices and to enhance their skills for supporting people to change. Alison has been involved in the development of motivational interviewing since 1989, when she became involved in researching the clinical application of the model in collaboration with Dr Stephen Rollnick at the National Drug and Alcohol Research Centre. Alison has published a number of papers and book chapters, particularly in relation to the application of motivational interviewing in health care settings. Having conducted hundreds of training courses on motivational interviewing for a broad range of groups, Alison is considered to be among the leading trainers on this subject in Australia.

N.B. This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.