



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
EATING  
DISORDERS



NorthWestern Mental Health  
**MHTDU** TRAINING AND  
DEVELOPMENT UNIT

CEED Training Calendar 2018

# MOTIVATIONAL INTERVIEWING FOR EATING DISORDERS

Presented by Andrew O'Sullivan (MHTDU) & CEED

FRIDAY 12<sup>TH</sup> OCTOBER, 2018

9.00AM – 4.30PM

In eating disorder patients, readiness to change has emerged as a significant predictor of treatment adherence and treatment success. Individuals with eating disorders are often ambivalent about recovery, and treatment refusal, dropout, and relapse are common amongst this group. Motivational interviewing is a client-centred approach, aimed at enhancing intrinsic motivation to change, by exploring the client's ambivalence. Motivational approaches allow the client to play a more active role in their recovery by acknowledging their position as an expert of their own experience and allowing them to have a sense of control over their recovery process. As such, addressing motivation and readiness to change is an essential component of treating an eating disorder.

## ABOUT THE PRESENTER

Andrew O'Sullivan works across two roles within North Western Mental Health, firstly as a training consultant, and the second as a Chief Social Worker. In 2015, Andrew gained membership to the Motivational Interviewing Network of Trainers (MINT). Having started his career in general Health Social Work, Andrew quickly moved into Mental Health where he has worked in a variety of roles including, inpatient, community, dual diagnosis, project management and training. Throughout all of these roles, Andrew has himself revisited and refined his Motivational Interviewing (MI) practice, and as he says in the training "MI has not just changed me as a clinician, it has changed me as a person".

## OBJECTIVES

- an understanding of low motivation and readiness to change in eating disorders
- a thorough understanding of key concepts in motivational interviewing
- research behind the use of motivational interviewing in eating disorders
- how MI techniques can be incorporated into your current evidence-based treatments for eating disorders
- how to apply motivational interviewing in eating disorders

**Target Audience:** Health Professionals working with adolescents or adults with eating disorders, including mental health clinicians, dietitians, social workers, psychologists, mental health nurses, occupational therapists, psychiatrists and general practitioners  
Registrations from Victorian public mental health services clinicians will be prioritised.

## VENUE & BOOKING

**Venue:** Hospital Education Centre (HEC) | Royal Melbourne Hospital - Royal Park Campus |  
34-54 Poplar Road, PARKVILLE, 3052, VIC

**Cost:** Clinicians employed in Victorian public mental health services: \$75.00  
Other health professionals: \$185.00  
Morning tea, lunch and afternoon tea will be provided

**Registration link:** <http://www.trybooking.com/BXKG> **\*\*Please book early - Places are limited \*\***

**Registrations close:** C.O.B. Friday 5<sup>th</sup> October, 2018

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**PLEASE NOTE:** Your registered place will be confirmed via email at close of registration date.