

Engaging Ambivalent Clients: Enhancing Motivation and Building Self-efficacy

WHEN Friday, October 18th 2024
10:00 AM - 5:00 PM

WHERE Online

COST \$451 (\$400 + GST + TryBooking Processing Fee)



Scan for [more information](#)
and [registration details](#)

Psychologist and BodyMatters Director Sarah McMahon presents a one day workshop on Engaging Ambivalent Clients: Enhancing Motivation and Building Self-efficacy. This one-day workshop for allied health practitioners focuses on enhancing client motivation and self-efficacy in treating eating and body image issues, such as anorexia nervosa, bulimia nervosa, and binge eating disorder. The training provides an introduction to, or refresher on, motivational interviewing with a specific application to eating disorders. Participants will learn how to work effectively with clients in the precontemplative, contemplative, and preparation stages of change. Key learning objectives include understanding the transtheoretical stages of change, appreciating barriers to recovery, and increasing motivation and self-efficacy in clients.