

Motivational Interviewing

with Owen
Atkinson



NIVA
North of Ireland Veterinary Association

Spring Evening Meeting

18th June 2019

Glenavon House Hotel,
Cookstown

7.30pm



Confidential support for the profession in NI “listening supporting and signposting”

Vet Support NI is committed to the emotional wellbeing of all members of the veterinary family and community in the North of Ireland. Google ‘vetsupportni’ for more information

Motivational Interviewing

or how to get your clients (and kids) to do what you want!

with

Owen Atkinson

Having excellent knowledge simply isn't good enough to be an effective vet. We also need to be able to communicate well. In order to achieve behavioural change, the communication required is far more complex than knowledge exchange. Owen will relay some of his own journey in learning to be a better communicator and facilitator of behavioural change. This began with a Nuffield travel scholarship in 2010, and is still very much work in progress.

An **introductory presentation** will outline some theoretical models of behavioural change and the philosophy behind Motivational Interviewing (MI). MI has been demonstrated to show much promise in fields of human medicine and addiction counselling.

A **short interactive session** to follow will allow participants to practice some Motivational Interviewing skills with each other.

The meeting will provoke thought, will be fun and will provide some top tips that most attendees should find novel and useful. It might even change some behaviours!

Lessons learnt can be applied in all areas of practice
and are suitable for many team members
—vets, nurses, reception staff

Think:

- Weight loss clinics for companion animals
- Herd health plan compliance
- Responsible use of antibiotics
- Conversations surrounding breeding of brachycephalic dogs
- Vaccination compliance
- Euthanasia decision making

NIVA members are encouraged to attend. This meeting can also benefit other practice/workplace team members so why not register nurses, receptionists etc. as your guests?

7.30pm	Tea/Coffee and scones served
7.45pm	NIVA Business meeting - NIVA Members only
8.00pm	Main presentation - Open to all

**Please register names of those planning to attend
by calling VetNI on 028 25898543 or e-mailing info@vetni.co.uk**

Registration:

NIVA members: Free

Vet non-members: £30

All others (nurses, spouses, support staff, non-vet colleagues): £10



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