



South Australia Engagement and Development Committee

Program: Saturday 18th August 2018

Motivational Interviewing and Behaviour Change - Useful concepts and practical skills for dietitians

Wanting to learn more about behaviour change? Want to gain practical skills to motivate your clients? This event will build on your knowledge with interactive presentations on motivational interviewing and behaviour change from a multi-disciplinary line-up, including a desert-in-hand mindful eating experience from Post Dining!

12:30-1:00pm	Registration and welcome
1:00pm (30 mins)	Session 1: Private Practice - Karen Murphy <i>Motivational interviewing: is being the co-pilot vs the pilot on your client's health journey the way to go?</i>
1:30pm (30 mins)	Session 2: Psychologist – Ivanka Prichard <i>The psychology of behaviour change</i>
2:00-2:45 (45 mins)	Desert-in-hand mindful eating experience- Post dining
3:00pm (30 mins)	Session 3: Sports Dietitian – Brianna Salagaras <i>Motivating the motivated</i>
3:30pm (30 mins)	Session 4: Panel questions
4:00pm	Close