Practice Pavestones
Pathways to sustainable & effective practice

Tara Crow PACFA Reg Clinical & APD
www.practicepavestones.com.au

STUDENT & NEW GRAD 40% DISCOUNT AVAILABLE SPECIAL OFFER THIS EVENT ONLY

Motivational Interviewing 1 & 2 Online Course

Multidisciplinary Workshop Jan 28th – 29th & Feb 4th – 5th [part days] 2027

Workshop Facilitator: Tara Crow PACFA Reg Clinical & APD

About the Workshop Series

This live, online workshop series aims to provide the essential start-up knowledge for practising effective behaviour change counselling in the form of Motivational Interviewing. Delivered over two blocks each containing two, half-day sessions, the course is suitable for all health/counselling professionals working with clients' health related behaviours. The workshop series provides essential MI theory imbedded in evidence based experiential learning. The training format includes paired experientials, video & live demonstrations, real life scenarios delivered to an interactive small group (16-18). Attendees are supported to reflect on their work throughout the training, to integrate practical, applicable learning and affirm their unique developing skill base. Attendees leave with skills that they feel ready and excited to implement and experiment with. The workshop embodies the 'Spirit' of MI by respecting the experience, ideas and learning autonomy of participants. Registrants are required to commit to attending all 4 workshops in full via webcam. A secure internet connection and private location are essential for attendance. The program is not recorded.

MI 1 Block 28th – 29th Learning Overview

- Identify & experience roadblocks to facilitating client change in an advisory counselling model
- Describe and demonstrate the 'Spirit' of MI
- Identify and practice the components of OARS: the micro-skills of MI
- Describe the effective delivery of client centered information and advice
- Practice MI spirit and skill in a real-life behavior change counselling session

MI 2 Block 4th – 5th Learning Overview

- Name the Four Tasks of MI & demonstrate specific skills for each stage
- Identify Evoking as a key process in MI and describe why it is integral to effective health behaviour change counselling
- Identify and work with Change Talk, Sustain Talk and Discord (resistance)
- Understand why clients '*become resistant*', how MI reframes this and work with tools that can help your clients more effectively

Enhance your confidence in this vital area of health care so that you can engage clients in good conversations that matter

Feedback from participants

This training is fantastic if you're feeling like you're struggling to motivate your clients to change..... This training has shifted my perspective and given me hope for interactions that are more in line with my values and and won't leave me feeling burnt out. **GS Dietitian**

This training changed my way of thinking about practice. Do it, do it, do it! **Anon Participant**

It'll blow your mind if you haven't practised clinically like this before! **LS Podiatrist**

Read More Feedback about Pavestones' MI Training



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Counsellor & Psychotherapist
Accredited Practising Dietitian
PACFA Certified Supervisor

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About the Facilitator

Tara is a highly experienced health professional who has been supporting people to manage the challenges of living with chronic disease and mental health issues in both inpatient and community settings for over 30 years. She is a professional Counsellor and Psychotherapist, Clinical Member of PACFA (Psychotherapist & Counsellors Federation of Australia), Member of MINT (Motivational Interviewing Network of Trainers), PACFA Certified Supervisor and an Accredited Practising Dietitian. Tara has an interest in the clinical area of eating disorders and works within the Health at Every Size ® approach. Tara provides supervision for health professionals and is a prominent advocate for the development of a culture of supervision & reflective practice in Australian Dietetics. She is the founder of Dietitian Supervision Resources Australia & International www.dsrai.net a website and community building resource. Tara is recognised for her dedication to excellence in counselling practice through her training services. She brings to her work warmth, humour and a 'down to earth' understanding of the real-life challenges of living and working well in the context of modern lives.

Workshop Details

When: **MI 1 Block:** Thurs 28th – Friday 29th Jan 2027 9am – 1.30 pm AEDT [UTC+11]

MI 2 Block: Thursday 4th – 5th Feb 2026 9am - 1.30 pm AEDT [UTC+11]

Please be prepared to log in 5 minutes before starting time to iron out any tech glitches

Who: All **health professionals** working with clients who struggle with health-related behaviour change. Class size capped to 24. Typical class size 18.

Where: Online via zoom

Cost:

Full Registration	$730.00 **(**Fee is inclusive of GST and incurs a 50c Booking Fee**)**
Student/New Grad*	$438.00 **(**Fee is inclusive of GST and incurs a 50c Booking Fee**)**
Registrations close	21/1/27 (if not sold out prior)

To Book: **Go to**: **https://www.trybooking.com/DQYIY**

Enquiries: tara@practicepavestones.com.au.

About Practice Pavestones www.practicepavestones.com.au

Practice Pavestones is a unique training and skills development service for health and counselling professionals wanting to incorporate an evidence based, client centred orientation to their practice to enhance behaviour change outcomes for their clients. Practice Pavestones can provide skill development services across a broad range of disciplines and is owned and operated by Tara Crow PACFA Reg & APD. Services include Quality Experiential Training, Informative Blog Archive and Clinical Supervision & Mentoring