

Investing in Young People's Health

Esplanade Hotel, Fremantle, Perth, WA,
Australia Nov 13 – 15, 2013



Dance moves for medical teams
Motivating change and finding thoughtful solutions to
working with young people living with chronic illness.

Full Day Workshop

Dr Deborah Christie

Consultant Clinical Psychologist and Honorary Reader in paediatric and adolescent psychology, University College London Hospitals, UK
2013 Adele Hoffman visiting professor in adolescent health and medicine

Workshop Schedule

9:00	Introductions
9.15 – 11.15	Session 1
11.15	Coffee/tea
11.30 – 1.00	Session 2
1.00 – 1.45	Lunch
1:45 – 3.00	Session 3
3.00 – 3.15	Coffee/Tea
3.00 – 4.30	Session 4
4.30 – 5.00	Endings



*Do you want to be more at ease talking to your patients?
Do you want to be full of energy after a consultation with a Young Person?
Do you want your patients to talk about subjects that are important for them at the hospital visits?*

Then this workshop is for you!

In this one day workshop you will increase your knowledge, skill and confidence in communicating with people living with chronic illness.

Motivational Interviewing and solution focused therapies are client centered approaches that help people explore and resolve ambivalence about behaviour change and identify strengths abilities and resources. The approach is thoughtful and skilful and has been found to be useful and effective in a wide range of situations.

Rather than focusing on the problem your the team can help families think about how we can all work together to take control of external forces (like illness or emotional/behavioural difficulties) which have entered their family uninvited. This approach has been extremely helpful in working with people struggling with a range of issues who may be unwilling to engage with the team.

Workshop participants will

- Discuss the **pros and cons** of adopting a motivational stance.
- Consider why **encouraging change talk** might be a priority
- Practise using adapted motivational interviewing in conjunction with brief therapy approaches so you can start dancing **with confidence**

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Reading List

Miller, W. & Rollnick, S., (2002) Motivational Interviewing: Preparing people for change (2nd Edition) Guilford Press, London,

Treasure, J. & Ward, A. (1997) A practical guide to the use of motivational interviewing in anorexia nervosa European Eating Disorders Review 5: 102 - 114

Christie, D., Griffin, A. (2008). Taking the psycho out of psychomatic: Using systemic approaches in a paediatric setting for the treatment of adolescents with unexplained physical symptoms. Child Clinical Psychology and Psychiatry. Vol 13(4): 531–542.

Christie, D. (2008). Dancing with diabetes: brief therapy conversations with children, young people and families living with diabetes. European Diabetes Nursing 5(1), 28-32.

Viner, R., Christie, D., Taylor, V. and Hey, S., (2003) Motivational and solution-focused intervention improves HbA_{1c} in adolescents with type 1 diabetes Diabetic Medicine 20, 739-742

Selekman M. D. (1997) Solution Focused therapy with children: Harnessing family strengths for systemic change. New York, Guilford Press

Selekman, M. D. (2002) Living on the Razors Edge, London W. W. Norton & Co,

George, E., Iveson, C., & Ratner, H., (1999) Problem to Solution: Brief Therapy with individuals and families, London : BT Press

Metcalf, L., (2002) Teaching toward to solutions: A Solution Focussed guide to improving student behaviour, grades, parental support and staff morale

www.brief-therapy.org.uk

www.brief-therapy.org

www.motivationalinterviewing.org