

CBT and Motivational Interviewing

Timetable

10:00	Introductions -what do you want to get out of the day?
10:15	When does CBT work, and when does it work less well? Motivational dilemmas in CBT with children and young people (CYP)
11:00	Stages of Change
11:30	Break
12:00	The relational context for change: client centered communication and eliciting change talk
13:00	Lunch
13:45	Five principles of Motivational Interviewing
14:30	Break
14:45	Assessing and addressing ambivalence
16:00	Preparing (you) for change
16.30	FINISH