

# York University Psychology Clinic

## Motivational Interviewing for Anxiety

May 18, 2010  
9:00 am to 4:30 pm  
Seymour Schulich Building  
Rm W132  
York University – Keele Campus

Presenters: Dr. Henny Westra and Dr. Lynne Angus

**Fee** \$150.00 before April 19, 2010, \$200.00 after April 19, 2010.

There will be a limited number of spaces reserved for students. Student fee: \$75.00 before April 19, 2010, \$100.00 after April 19, 2010

### Workshop

Although anxiety disorders can be highly disabling, many clients are ambivalent about change and reluctant to engage productively in treatment. Motivational Interviewing (MI: Miller & Rollnick, 2002) is a brief, client-centered therapy aimed at understanding and resolving ambivalence about change. MI has shown to be effective in the treatment of addictions and is beginning to show promise in the treatment of anxiety as well. This workshop will provide an introduction to MI and show you how to integrate MI techniques with Cognitive Behavioral Therapy in the treatment of anxiety so you can help patients identify the road-blocks that keep them stuck and help them enhance their motivation for change. Prepare to roll up your sleeves and work as this workshop is highly interactive. A combination of role-plays, demonstrations, and some didactic instruction will be used to facilitate skill acquisition.

### In this Interactive workshop, you will learn

- How to identify and respond to ambivalence
- How to cultivate empathic understanding
- How to manage resistance
- How to integrate MI with CBT
- How to use action-based techniques while keeping an eye on therapeutic resistance at the same time

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## Presenters

**Dr. Henny Westra** is Associate Professor of Psychology at York University in Toronto. She has published and presented widely on adapting Motivational Interviewing to the treatment of anxiety. She is co-editor of the book ``*Motivational Interviewing in the Treatment of Psychological Problems*`` with Arkowitz and the original developers of Motivational Interviewing (Miller & Rollnick). Her research on MI for anxiety is funded by the Canadian Institute of Health Research and the National Institute of Mental Health. Dr. Westra is an experienced scientist and practitioner, and dynamic teacher and trainer.

**Dr. Lynne Angus** is a Professor of Psychology at York University in Toronto. She has published and presented widely on the contributions of narrative and emotion for the facilitation of client change in depression and has a special interest in the contributions of expressed empathy and the development of effective therapeutic relationships. Her research is funded by the Social Sciences and Humanities Research Council and she is currently president-elect, Society for Psychotherapy Research. Dr. Angus is an active psychotherapy researcher who is a highly engaged psychotherapy practitioner, supervisor and teacher.

## Register by Mail, Fax or Phone

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