

## Motivational Interviewing Revise & Extend Online Course

Multidisciplinary Workshop Feb 26<sup>th</sup> – 27<sup>th</sup> [part days] 2026

Workshop Facilitator: Tara Crow PACFA Reg Clinical & APD

### About the Workshop Series

The evidence base supporting how we learn Motivational Interviewing affirms that proficiency in MI requires ongoing practice, feedback and reflection. This live, online workshop series aims to support revision and extension of your developing Motivational Interviewing skill base. Delivered over two, half-day sessions, the course is suitable for all health/counselling professionals working with clients' health related behaviours who have attended comprehensive foundational MI training in the past. The workshop series revises the essential spirit and skills of MI and then offers extension exercises to deepen skills for working effectively with clients with low motivation to change. The training format includes paired experientials, video & live demonstrations, real life scenarios delivered to an interactive small group, up to 24 attendees. Attendees are supported to reflect on their work throughout the training, to integrate practical, applicable learning and affirm their unique developing skill base. The workshop embodies the 'Spirit' of MI by respecting the experience, ideas and learning autonomy of participants. Registrants are required to commit to attending both days of learning in full via webcam.

### Learning Overview

- Reflect on personal values /strengths that support your behaviour change counselling work
- Extend on your practice of MI Spirit, open questions, affirmations, reflections and summaries (OARS)
- Describe and practice how OARS are used purposefully in a directional MI conversation
- Revise change talk vs sustain talk and practice identifying and reflecting
- Observe a demonstration of OARS in a 'Difficult Client' exercise and participate in a learning dyad to extend your skills
- Revise the four 'Tasks' or Processes in an MI conversation
- Appreciate the importance of engaging and focusing with low motivation clients through video demonstration and discussion
- Define discord and observe and practice helpful responses that 'dance with discord'
- Revise **Evoking** and practice generating effective open questions through different experiential exercises
- Observe and participate in your own MI planning discussion.
- Have some fun refreshing your practice!

### Feedback from MIRE participants Nov 2025

*Tara is an amazing facilitator. Generous in character. She's extremely good at demonstrating MI whilst delivering the material so you're hearing it in action. If you're interested in MI, and realistically any clinician should have MI in their tool kit, then you should definitely check out this training. ZM Physio. This training will increase your engagement with clients and satisfaction of your work life!. Dietitian. If you work with clients who struggle to make changes in their life, this is for you! Very relevant to our work. LN - Physio. You need to try this MI training! BJ, AHA. Really beneficial & a way of consolidating MI knowledge and putting it into practice. Great resources to use for continued reflection and practice Anon.*



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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 28 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 Accredited Supervisor](#) and an [Accredited Practising Dietitian](#). Tara has a special 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](http://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:** Thurs 26<sup>th</sup> – 27<sup>th</sup> February 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.

**Where:** Online via zoom

**Cost:**

<b>Full Registration</b>	\$395.00 (Fee incl GST and incurs a 50c Booking Fee)
<b>Registrations close</b>	19/2/26 (if not sold out prior)
<b>Delayed payment option</b>	Attend this training and pay before June 1 <sup>st</sup> 2026 ( <a href="#">email</a> for code)

**To Book:** Go to: <https://www.trybooking.com/DHWDI>

**Enquiries:** [tara@practicepavestones.com.au](mailto:tara@practicepavestones.com.au)

## About Practice Pavestones [www.practicepavestones.com.au](http://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](#).

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