



EMITA

EESTI MOTIVEERIVA INTERVJUEERIMISE
JA TREENINGU ASSOTSIATSIOON



HASARTMÄNGUMAKSU
NÕUKOGU

Autonoomia austamine

EMITA konverents 2017

Supporting autonomy: how to amplify the potential of freedom and confidence in our own choices to change.

Patrick Berthiaume

Supporting autonomy is a central element in motivational interviewing (MI). Our role in an intervention is to want to bring a person towards a change. We are not neutral in the face of this direction, it remains that the teaching of motivational interviewing is to encourage us to guide this person by the base of his own choices. During the presentation we will deepen how is translate the support of autonomy in MI and how concretely it can be strengthened in practice.

Biography

Patrick Berthiaume is a Motivational Interviewing (MI) consultant and a trained sexologist. His interests in MI include its application to instilling healthy sexual behaviours and to reducing the risks associated with injection drug use. He has been on the MINT board of directors and is currently on the board of directors of the French speaking association of MI, the Association Francophone de diffusion de l'entretien motivationnel (AFDEM). Since 2007, Patrick has been providing training and supervision services to support the adoption and integration of MI in various clinical settings and diverse health-care fields. He is teaching MI to medical students at University of Montreal.