Workshop 3:
Exploring and resolving fears, blocks and resistances, and enhancing compassion motivation through Motivational Interviewing.

Dr Stan Steindl

Motivational Interviewing (MI) has long been used as an adjunct to a range of interventions, including psychological treatments such as cognitive-behavioural therapy. Compassion-focused therapy (CFT) has become increasingly popular over recent years, and has been found to be effective in increasing compassion and self-compassion, reducing depression, anxiety and psychological distress, and increasing life satisfaction and happiness. One important contribution of CFT is the identification of certain inhibitors (fears, blocks and resistances) and facilitators of compassion motivation and compassionate action. This workshop will explore these inhibitors and facilitators, and propose MI as an important, strategic approach to assisting people to explore and resolve inhibitors and enhance compassion motivation. The workshop will be highly experiential, help participants develop the spirit and core skills of MI, and provide practical therapeutic strategies that can be used straight away to further assist clients of CFT.