

PROGRAM DESCRIPTION

“Lend Me Your Brain: Strategies for Eliciting Motivation in the Unmotivated”

Presenter: David Nowell (PhD)

Through this workshop you will understand

- the neuro-anatomical basis of reward and motivation as well as the executive functions of choosing, planning, inhibiting, and prioritizing;
- the disorders which impede attention and organizations;
- how to apply specific strategies for managing attentional and planning and time management problems;
- the practical application of strategies for managing real-world challenges which are faced on a daily basis.

Workshop overview...

- The Brain's Reward and Planning System
- The Physiology of Motivation and Reward
- How the Reward and Planning System Breaks Down
- A Practical Toolbox of Strategies (including assistive technologies)

Learning Objectives:

1. Apply an understanding of the human brain and motivational and reward system to their clinical work.
2. Conceptualize behavioural challenges as skills deficits or problems with contingency management
3. Apply a nonjudgmental and deeply curious approach to interview and counseling techniques
4. Elicit client specific motivators and treatment goals
5. Summarize the key features of motivational interviewing and stages of change.

Bullet Points:

- How Can We Make Use of the Best of Recent Brain Research to Facilitate Client Movement Towards Therapeutic Goals?
- Intrinsic Motivation: the Five Reasons That People Do Anything That They Do
- Understanding the Brain's Reward System from the Inside Out
- Which Techniques Should Absolutely Be Avoided with under Motivated Clients?
- What Key Motivational Interviewing Techniques Can Be Applied to Any Clinical Situation?
- Understanding the Multiple Sources of Self-Esteem and Connecting Those Two Treatment Objectives
- Learning and Teaching the Key Principle That Ever Behavioural Challenge Is an Expression of a Skills Deficit or a Contingency Problem
- Connecting with Return to Work Clients around the Key Human Needs Served by Employment
- Dangers of Failing to Recognize Our Clients Stage of Change
- Four Signs That You Are Working Harder Than Your Clients
- How to Establish Rapport Immediately with Any Client or Student
- Why Relapse is inevitable
- How to Get Clients to Start Talking about Change
- The "Three Don'ts" of Employment Assistance
- The Magic If: What "Method Actors" Have To Teach Clinicians
- Connecting Therapeutic Goals to Our Clients Values and Essential Purposes
- Connecting the Dots: Linking up Treatment Goals to What Our Client Already Loves
- "We're All ADHD Now"-What the Rest of Us Can Learn from People Who Really Struggle with Focus, Distractibility, and Time Management
- How to Entirely Remove "Bad," "Lazy," and "Procrastinating" from Our Vocabulary