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Resistance is futile: But it's not what you say, it's how you say it: Enhancing collaborative factors in motivational interviewing with hard to reach service users in substance and alcohol services in the UAE

A significant factor in developing services for the hard-to-reach individual must, if it is to be successful, consider the role of culture in the social context in which it occurs. Hence, cultural contexts can be restrictive or facilitative in the way that access may be obtained to sites of substance abuse. Creative methodologies in gaining access to the hard to reach community sites as well as individuals will be highlighted in this workshop. This interactive workshop will demonstrate the use of a systematic approach (motivational interviewing) to the assessment and management of hard to reach clients with substance and alcohol problems in Community Outreach settings. This workshop will be conducted using the experiential design through participatory and reflective exercises, against the backdrop of the cultural contextual forces covering issues such as etiology, availability of drugs and regulatory structures. This workshop will help participants to learn how to apply common motivational interviewing skills with people with substance and alcohol problems. Some key research applications when using motivational interviewing with this client groups will also be focussed. Experienced use of the OARS method in motivational interviewing with substance misuse. A special focus on outreach and community-based interventions supports an integrated model of intervention that seeks to include the hard to reach client in gaining access to health care systems. In the conclusion of the workshop, participants will be guided in developing goals and objectives to continue their trajectory of their own professional development needs in the specialization of motivational interviewing.

Biography

John Roberts has completed his MA in Social Work Studies from Exeter University. He has 12 years of experience as a Cognitive and Behavioral Psychotherapist and Motivational Interviewer. He has joined the Improving Access in Psychological Therapies Teaching Team at Plymouth University. He has worked as a Lecturer at the Higher Colleges of Technology. He has managed and led primary and secondary care mental health services in UK as well as became the Director for his own independent consulting and treatment company. He has published in motivational interviewing and managed through a number of CBT research projects in a clinical setting. He retains interest in psychological aspects of chronic condition management and medically unexplained symptoms.

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Vasintha Veeran is an Associate Professor in the Health Science Division in Abu Dhabi Women's College. Dr Veeran has extensive research experience especially in the field of children and youth in all aspects of their health and social well-being. Her research experience spans international collaborations with countries such as the UK, USA, Netherlands, Germany and Ireland, in which she has held positions of Principal Investigator. Dr Veeran's research experience also includes the successful supervision of PhD, Masters and Honours students in some of the countries mentioned above. She has served as an International Expert Consultant for the United Nations Development Program and has vast experiences in compiling and presenting reports highlighting technical, evaluative and qualitative outcomes. In addition to this, Dr Veeran has extensive scholarly publications in peer reviewed journals as well as book chapters. Dr Veeran is currently an Adjunct Professor at the Open University of Mauritius and continues to maintain an active research profile with her network of research collaborators across the globe. Dr Veeran serves as an evaluator of research proposals for the National Research Foundation, South Africa as well as a peer reviewer for a few international journals.

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