

# MIDDLE EAST OBESITY, BARIATRIC SURGERY AND ENDOCRINOLOGY CONGRESS

June 25-26, 2018 Dubai, UAE



## John Roberts

Abu Dhabi Women's College, UAE

### **“Don’ tell them what to do! Collaborate!” Motivational interviewing with children and young people with obesity**

**Aim:** This interactive workshop focuses on the use of a systematic approach (motivational interviewing) to the assessment and management of escalating and deteriorating child or adult obese patients in hospital care settings.

**Method:** Participatory and Reflective Exercises, Didactic lecturettes.

**Results and Conclusion:** At the end of the workshop the delegate will have: Explored how to apply common motivational interviewing skills with adults, children and young people; Considered some key research applications and developmental factors when using motivational interviewing with adults, children and young people; Experienced use of the OARS method in motivational interviewing with adults, children and young people; Reflected on where to take own practice needs next for the development of motivational interviewing.

**Pre-session Reading:** Learners are advised have undertaken some reading in Motivational Interviewing beforehand. Having undertaken a local Motivational Interviewing course may be of advantage but is not a pre-requisite.

### **Biography**

John Roberts has completed his MA in Social Work Studies at Exeter University. Practicing for 12 years as a Cognitive and Behavioral Psychotherapist and Motivational Interviewer, he joined the Improving Access in Psychological Therapies (IAPT) teaching team at Plymouth University in 2007. He has joined the Higher Colleges of Technology (HCT) as a Lecturer in Social Work in 2017. He has managed and led primary and secondary care mental health services in the UK as well as becoming 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 an interest in psychological aspects of chronic condition management.

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