

# Using Motivational Interviewing to Explore and Resolve Fears, Blocks, and Resistances and Enhance Compassion Motivation

*Presented by*

**DR. STAN STEINDL**

This live training on Exploring and Resolving Fears, Blocks and Resistances, and Enhancing Compassion Motivation through Motivational Interviewing is presented by 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 to further assist clients of CFT.

## DETAILS

### What

In-Person or Zoom Workshop

### When

Saturday, Feb. 1 – Sunday, Feb. 2, 2020  
8:30 a.m. – 4:30 p.m. | 14 CE/CEUs

### Where

Palo Alto University, Los Altos Campus

### Registration

<https://bit.ly/2MxvhtJ>



## DR. STAN STEINDL

Dr. Stan Steindl is a Clinical Psychologist in private practice at Psychology Consultants Pty Ltd, and an Adjunct Associate Professor at School of Psychology, University of Queensland, Brisbane, Australia. He is also co-director of the UQ Compassionate Mind Research Group. He has over 20 years experience as a therapist, supervisor and trainer, and works with clients from a motivational interviewing and compassion focused therapy perspective. His PhD examined combat-related posttraumatic stress disorder and comorbid alcohol dependency, and he continues to work in the areas of trauma and addiction, as well as having a general clinical practice. His research interests are in the areas of compassion and compassion-based interventions, and especially the role of motivation in cultivating compassion and self-compassion in the context of trauma, shame, self-criticism and clinical disorders, as well as promoting psychological wellbeing.