

# Reproductive Mental Health Training Series



**Motivating towards positive  
change**

**Speaker: Dr. Shimi Kang**

Psychiatrist, BC Reproductive Mental Health Program

## **Learning Objectives:**

- Discuss the principals of motivational techniques
- Learn 3 specific tools to apply to your practice

**Wednesday, 29th October 2014**

**12:00-1:00 PM**

*This session is a follow up to Dr Kang's Rounds in June on motivational approaches to substance use in the perinatal period. Its focus is on tools for practice in all motivational work with perinatal women.*

## **Join Via Telehealth**

If you would like to attend via Telehealth, please respond to [kthomaspeter@cw.bc.ca](mailto:kthomaspeter@cw.bc.ca) by October 22nd, 2014 with the following information:

- 1) Your location (city/hospital) and preferred Telehealth site/room
- 2) A contact person for your site who will be responsible for:
  - Arriving 15 minutes early to participate in the test call
  - Distributing slides, evaluation materials and a sign in sheet