



HMA MASTERCLASS SERIES PRESENTS

# How to use Motivational Interviewing in working with Domestic, Family & Sexualised Violence

*Build key practice skills that drive improved outcomes and participant engagement in behaviour change programs*

THIS TWO-DAY MASTERCLASS WILL EQUIP YOU WITH THE SKILLS AND KNOWLEDGE TO:

- **Work with ambivalence in people who are mandated** to programs
- **Enhance engagement & retention in interventions** and focus importance from a risk perspective
- **Identify concrete change goals** that relate to family wellbeing & family safety
- **Form effective responses to discord** when it emerges in the work
- **Turn the volume up on positive change talk** applicable to domestic, family and sexualised violence

*"Brilliant class, Ken is a guru in the DFV field, gave us a lot of little nuggets of knowledge that we can use in our own practice."*

*"We immediately made changes to our entire intake process and are currently revising many of our forms to better support client engagement and safety."*

24<sup>TH</sup> & 25<sup>TH</sup> MARCH 2026

09:00 - 16:00 AEDT (UTC +11)

**BOOK NOW**



# Overview

## Ever had participants in your program doing time rather than behaviour change?

Ever had someone who is still ambivalent about whether violence is a serious issue in their families? Ever felt that someone had just not done the work of creating family safety?

Finding the desire, reason or need to change is critical for engaged work. Doing time in programs does not reduce risk. On the other hand, it may increase risk if the Service User perceives attendance as a punitive experience. The result can be lateral violence back into the relationship.

Many Service Users come to intervention programs with feelings of ambivalence, and it is the role of the Practitioner to support the Service User in resolving this ambivalence so that meaningful work that promotes family wellbeing can begin.

Program retention has been associated with better outcomes. This makes sense. **Once a participant is engaged in understanding the drivers for behaviour, they become invested and interested in the outcomes.** They will then use the program experience more effectively.

## Introducing Ken McMaster



**Ken has over forty years' experience working at the cutting edge of intervention work with men who are violent and who sexually abuse.**

He is known for his innovative practice ideas and the ability to translate theory into practice. He has held positions as a member and **Chair of the Family Violence Advisory Committee / Te Rangai Whiriwhiri Tukinotanga a-Whānau.**

He was also a **founding member of the National Network of Stopping Violence Services /Te Kupenga Whakaoti Mahi Putanga** and is a past chair. Ken was a member of the regulations working group for the Domestic Violence Act (1995). In addition, he has worked as a part-time lecturer in Social Work at Canterbury University and is now **involved full-time with HMA as manager, writer of materials and principal trainer.** He has been a member of the Domestic Violence Act Program Approvals Committee for the Ministry of Justice.

**Ken McMaster has published two books on Domestic Violence** – A Private Affair, GP Books: Wellington (1989) and Feeling Angry, Playing Fair, Reed: Auckland, (1988). **He has co-edited a book with Arthur Wells** titled Innovative Approaches to Stopping Family Violence, Steele

Roberts: Wellington (2003), and with Leon Bakker titled Will they do it again: Assessing and managing risk, HMA Books: Christchurch (2006). **In 2011 Ken co-edited with David Riley** Effective Interventions with Offenders, Steele Roberts: Wellington (2011).

Ken has an extensive publishing record and regularly undertakes conference presentations. **He has had involvement in training corrections staff dating back to 1985 and has led the design of a number of large corrections initiatives in Australia and New Zealand.** Ken is MINT trained and is currently Chair of MINT Oceania, a voluntary group of MINT members tasked with supporting MI practice within this part of the world.

# Day One

## Opening remarks & virtual learning tips

### Engagement - Key engage issues & conversation starters

- Understanding the basis of amotivation and how MI engages to shift it
- The problem with telling – it increases risk and further entrenching existing attitudes and beliefs

## Break

### How motivational approaches connect with areas of family violence intervention

- The tensions in the work – compassion versus judgement, attitudes towards participants, offence parallel behaviour, gender scripts leak in the room
- How MI contributes to therapeutic alliance
- Evoking as a key skill – the ability

### The importance of a clear focus

- Four stages of MI
- How focus provides a map for intervention
- What happens when the referrer's focus is different from the Service User's?
- Family wellbeing – the meta question

## Day Close

# Day Two

## Opening remarks

### Agenda mapping

- The four agendas that walk into the room
- Where to begin the conversation
- Linking agendas together and softening reactance

### Working with discord

- Reviewing sustain and change talk
- Understanding discord – Is it about the relationship or change?
- Responding to discord in order to maintain engagement

## Break

### Turning the volume up on change talk

- What to listen for - desire, reason, need, ability, taking steps, activation, commitment
- Shifting change talk into planning

## Day Close

## Men who received Motivational Interviewing-based intake who went on to attend a MBC program demonstrated:

- More constructive behaviours in the early stage of treatment
- Higher working alliance ratings in later stages of treatment
- Greater compliance with group assignments
- More outside help-seeking behaviour

**JOIN LEADING EXPERT KEN MCMASTER FOR THIS IN-DEPTH, INTERACTIVE MASTERCLASS WHERE YOU WILL LEARN HOW TO USE MOTIVATIONAL INTERVIEWING TO DRIVE BETTER ENGAGEMENT AND OUTCOMES FOR PARTICIPANTS IN BEHAVIOUR CHANGE PROGRAMS**

**[BOOK NOW](#)**