

## 'HELPING CLIENTS ACHIEVE CHANGE'

**A two day course using the Motivational Interviewing model**

This two day in-house training course introduces staff to the client centred Motivational Interviewing model as an effective way of working with clients who are 'stuck' and unable to make the changes that they, and often those around them, want.

This course has been delivered successfully for over ten years in client areas such as Drug & Alcohol, Nutrition and Lifestyle, Employment, Mental Health, Adolescents, Carers, and Smoking Cessation for commissioning agencies including Acute NHS Trusts, Mental Health NHS Trusts, CAMHS, DATS and the Independent Sector.

This course that has proved ideal for community mental health workers, adolescent workers, substance misuse workers, social workers, ward staff, student nurses, O.T.s, CMHT Workers and anyone working with adults or adolescents with mental health problems, low levels of motivation and / or substance misuse difficulties.

The course is **not** appropriate for those with previous training in Motivational Interviewing techniques.

### **Course Objectives**

- √ *Understanding of the basic principles of M.I*
- √ *Achieve an understanding of basic mechanisms of MI*
- √ *Working with ambivalence.*
- √ *Develop basic Motivational Interviewing Skills*
- √ *Understand the do's and don'ts of a person centred intervention.*
- √ *The potential applications of MI*
- √ *MI and the Cycle of Change*
- √ *To practice basic MI skills in case study exercises.*

The course uses video demonstrations, formal presentation, group and individual exercise and role play.

**This Course is only available as an in house commissioned training programme for up to 30 people.**

Further details can be obtained from

**Matrix Training Associates**

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