

Motivational Interviewing

A one day course

Motivational Interviewing (MI) is an essential psychosocial skill and an extremely effective evidence-based approach for helping people overcome the natural ambivalence that keeps many people from making desired changes in their lives. Change may be in the area of substance misuse, mental or physical health or even behavior in the workplace. MI helps people discover what are often deeply seated and complex reasons for changing or not changing behaviours and allows them to explore a range of personal possibilities.

This course provides practitioners with a broad understanding of the principles of MI and gives practitioners an opportunity to practice some essential skills in the safety of the training room

WHO IS IT FOR? This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment with particular emphasis on front-line workers.

Timetable (may be subject to amendment)

- Session 1** Introduction and overview
The dilemma of behaviour change
Ambivalence and resistance

- Session 2** What triggers and motivates behaviour change?
The process and stages of Change
Facilitating Behaviour Change – the Principles

- Session 3** Principles of MI.
Unwelcome Traps to Avoid!
Strategies to build Motivation

- Session 4** Responding to client resistance
Developing plans for change
Easy to use Tools!
More Tools!
Applications of MI

Learning Outcomes

On completion of this course, participants will be able to:

- Understand the nature and problems associated with behaviour change
- Understand the principles of Motivational Interviewing (MI)
- Recognise the most commonly used applications of MI
- Understand the principle tools of MI and their practical application