



MOTIVATIONAL INTERVIEWING (2 day course)

Course Dates: 25th & 26th October 2010

Course Price: £170 + VAT (£199.75 inc. VAT)

Trainer: Andy Perkins, Director of Training & Development

Location: Figure 8 Training Suite
1st Floor, 30 Whitehall St, Dundee, DD1 4AF

Max. participants: 16

Suited to: Workers and Managers in Health & Social Care settings who have completed basic Health Behaviour Change training, MI training, or similar within the last 2-3 years

Course Content

This course aims to build upon participants existing knowledge and practice of Motivational Interviewing and Health Behaviour Change practices. The course will equip participants with a sound understanding of the nature and concepts of MI, on which they can build their skills and develop competent practice in MI. The course has been developed to give participants as many opportunities as possible to practice the core skills within MI, which will involve skills rehearsal, observation of practice and constructive feedback. This will be done in a "safe" environment and will be carefully managed by the trainer(s) to ensure maximum involvement and benefit for all participants.

Learning Objectives

On completion of this course participants will be able to:

- Demonstrate understanding of change theory and motivational strategies;
- Understand and discuss the spirit, principles and strategies of Motivational Interviewing;
- Explain the relationship between motivational interventions and stages of change;
- Demonstrate skills for enhancing client motivation and effectively assess clients' readiness for change ;
- Improve interventions with substance misusers who are resistant to changing risk behaviour;
- Identify their own strengths and learning needs in relation to Motivational Interviewing.

The course uses audiovisual and experiential learning methods and is intended to develop the practice skills and confidence of those participating.



How to book

- Complete and return this form by post to **Figure 8 Consultancy, 1st Floor, 30 Whitehall Street, Dundee, DD1 4AF;**
- Call Figure 8 on **01382 224846** or;
- Email us at **enquiries@f8c.co.uk** with the information in the booking form below;
- If you book by post or email we will contact you by e-mail to confirm receipt of the booking.

TRAINING BOOKING FORM (Please complete all fields)

Course Name:	Motivational Interviewing
Course Date(s):	
Participant Name:	
Job Title:	
Organisation:	
Address: (inc postcode)	
Telephone no:	
Email address:	

Payment Options (tick the applicable option):

- Cheque enclosed for £____ (made payable to Figure 8 Consultancy Services Ltd)
- Bank transfer (Natwest Account Number: 16561899, Sort code: 60-24-75, Account Name: Figure 8 Consultancy Services Ltd, please use the participant's name as the reference)
- Please invoice me

Early bird discount – book more than 6 weeks before the course date and you'll receive **£5 off** the cost per person

Autumn 2010 Special Offer – book 2 places on this course and get a 3rd one **free**

Cancellation Policy

- If you cancel **up to 14 days** before the course, in writing, you will receive a refund of monies paid less a £15+VAT admin fee or, alternatively, a full credit note for a future course.
- If you cancel **up to 7 days** before the course, in writing, you will receive credit note for a future course less a £15+VAT admin fee.
- If you cancel **less than 7 days** before the event or fail to attend on the day no refund or credit note will be given and any outstanding invoices will still be payable.
- Figure 8 Consultancy Services Ltd reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit note for a future training event.

EVIDENCE INTO PRACTICE