



MOTIVATIONAL INTERVIEWING

(2 day course)

Trainer: Andy Perkins, Director of Training & Development

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 service users who are resistant to changing risk behaviour;
- Identify 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.