
MOTIVATIONAL INTERVIEWING

Overview

This course is designed for practitioners new to the field of MI. Participants will be introduced to basic concepts and theories relating to Motivational Interviewing techniques.

Duration All day

Course Objectives

Participants will be helped to make the link between theoretical knowledge and practice. The concept of an MI course will place emphasis on reflective practice and examination of the participant's interaction skills, attitudes and communication style. It will make use of presentations, group discussions, a handout and short video clips.

The course will involve the following topics:

- What is Motivating Interviewing?
- Technique, Principles, Skills & history.
- Descriptions and recognition of use.
- MI as client specific use.
- Recognition of understanding difficulties.
- Introduction to other Support Strategies.
- Reflective Listening.
- Change Talk.
- Person Centred Approach.
- Question & Answer session.

Participants will gain the skills necessary to provide support for change. Evaluating current perception and strategies to find and evolve the key methods to improve life changes within the field of addiction, and self motivation.

The course is supported by an informative handout, and accompanying discussions to explore. On completion, all participants will receive a Mind Consultancy certificate of attendance, which will state the NVQ, and new QCF outcomes that has been covered.