

Course Outline

Motivational Interviewing Training. Motivating and supporting people for change.



Motivational Interviewing Training. One day and two workshops:

Motivational interviewing (MI) is a style of client-centred counselling developed to identify and facilitate change in health-related behaviours. The core principle of the approach MI is its ability to identify, make salient and reflect back / reinforce an individual's internal desires and motivations to stop or reduce harmful actions in favour of healthier behaviours and decisions.

Instead of trying to fix the patient's behaviours and health problems by forceful instruction, it encourages therapists to use warmth and respect to 'motivate' the patient to want to change. MI supports clients to explore and resolve their ambivalence about behaviour change. It combines elements of style (warmth and empathy) with technique (e.g. focused reflective listening and the development of discrepancy). A core tenet of the



technique is that the patient's motivation to change is identified and enhanced rather than forced upon them. MI functions to increase the importance of change and to bolster the patient's confidence that change can happen.

What will I learn?:

Participants will learn the principles and specific skills / tools of MI.

- A clearer understanding of the psychology of cognitive dissonance, resistance, denial and 'reactance';
- The principles, mechanisms and tools with Motivational Interviewing;
- How and when to apply the principles of Motivational Interviewing;
- To filter the patient's thoughts so that self statements encouraging change are amplified and statements that reflect the status quo are dampened down;
- To elicit from the patient statements that encourage change, such as expressions of problem recognition, concern, desire, intention to change and ability to change;
- To match the processes used in the theory to the stage of change and to avoid the mistakes and traps of pressured counselling;
- To express acceptance and affirmation
- Affirm the patient's freedom of choice and self-direction;

Motivational interviewing helps change patterns of behaviour that have become habitual. It works in small doses to produce a large effect.

Course outline at a glance:

- ◆ A clearer understanding of psychological resistance and the principles of denial;
- ◆ The principles and spirit of Motivational Interviewing. A world-leading intervention for change;
- ◆ A clear understanding of the mechanisms and tools of MI and how to apply these in a conversational style;
- ◆ Identifying, enhancing and supporting clients to reduce and abstain from harmful behaviours and to identify, enhance and sustain motivations to participate in health behaviours;
- ◆ The opportunity to put the principles and tools into action;
- ◆ The training will focus on the applications of MI to communities and individuals who are at risk for substance misuse and chaotic lifestyles;
- ◆ **Free post-training telephone support is available to all delegates**



**Mental Health
Training.co.uk**

'Gold Standard' training from the
UK's leading specialist provider.
Part of Frontline Training Group