



Training delivered by Psychiatry-trained experts

Welcome to the UK's Expert Motivational Interviewing Training & Consultancy

MHT-15. Integrated, expert-delivered Motivational Interviewing & behaviour change training & consultancy. 5-Star quality from the UK's leaders

Motivational Interviewing (MI) is a conversational strategy that effectively motivates and supports healthy behavioural change.

It's a person-centred counselling style that can reduce problematic or self-defeating behaviours whilst influencing healthier choices and decisions - which it achieves in a subtle, discreet and effective way. The knowledge and applications within MI are essential to anyone who wants to move people away from behaviours and life-choices that negatively impact their wellbeing. And guide them towards healthier choices.

Mental Health Training is one of the UK's leading experts in the field of mental health, general psychiatry and behaviour change psychology. It's provided thousands of workshops over the years and has a five-star reputation in the industry.

All training is delivered by highly qualified experts in the field of psychiatry and psychology - it's information, consultancy and advice you can trust. We support a wide range of clients in the public and private / sector, including NHS trusts, GPs, local government, national charities, social work and social care providers, substance misuse support and counselling, housing and homelessness teams, the police and emergency services, national charities, education settings, private hospitals and the prison service.



We offer motivational interviewing training to a wide range of environments and applications including (but not limited too):

- Alcohol and substance misuse;
- Gambling;
- Health-related maintenance including eating, medication and health screening;
- Housing support;
- Relationship support and guidance;
- Child welfare;
- General Safeguarding including self harm risk;
- Self neglect concerns;
- Hoarding behaviours;
- Homelessness;
- Social media use;
- Risk taking & impulsivity;
- Supporting those facing domestic abuse.



ADVANCED TRAINING:

MHT15 - Motivational Interviewing Training

Other workshops available

- **MHT01 - Mental Health Awareness Training**
- **MHT02 - Personality Disorder Training**
- **MHT03 - Self Harm & Suicide Training**
- **MHT19 - Lone Working & Personal Safety Training**
- **MHT11 - Managing Conflict & Hostile Behaviours Training** (Including Lone Working Safety)
- **MHT08 - Dual Diagnosis & Substance Misuse**
- **MHT06 - Dementia & Neurocognitive Disorders**
- **MHT10 - Childhood & Adolescent Mental Health Training**
- **MHT17 - Hoarding & Self Neglect Training**
- **MHT20 - Understanding Capacity, The Mental Health Act & Best Interests Assessments**
- **MHT16 - Mental Health In The Workplace. Training for HR and Managers**

Motivational Interviewing & Behavioural Change Psychology. Expert training dedicated to your workplace and clients.

The skills and principles within Motivational Interviewing (MI) are essential to individuals and organisations who interact with, and support individuals vulnerable to self-defeating life choices.

Even simple advice can negatively backfire. This is counterproductive to healthy change.

Understanding how language and skill-based strategies can influence and improve health outcomes is important. Then applying techniques that motivate and underpin healthy change becomes quite simple - and easy to learn with the right guidance and facilitation.

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Integrated Solution-Focussed Brief Therapy.

Solution-focused brief therapy (SFBT) is a goal-oriented therapeutic approach that emphasizes finding solutions to current problems rather than dwelling on past their causes. It focuses on clients' strengths, resources, and positive attributes to build a preferred future and achieve desired outcomes.

validating practice and solution-focussed brief therapy into MI to develop trust and facilitate healthier and targeted outcomes.

The blend of MI, SFBT and empathy-based skills provides a stable and evidence-based strategy that will increase the potential for healthier client outcomes. It will also reduce staff-patients tensions and increase staff confidence in general.

This enjoyable training workshop can be delivered in a one-day or two-day format.

One-day workshop The Principles & Application of Simple Motivational Interviewing

This workshop provides an excellent grounding in MI and behaviour change psychology. This workshop can help teams to get up and working within the MI framework quite quickly.

Two-day workshop Advanced Principles & Applications of Motivational Interviewing Strategies.

This builds on the one-day workshop and blends associated psychotherapies into the model to improve outcomes.

This training is delivered by psychology / psychiatry trained experts and is tailored to your sector of work.

Please contact us directly for more information. Phone 01332 362222 or email info@mentalhealthtraining.co.uk

Telephone 01332 362222
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**Mental Health
Training.co.uk**

Our unique training blends aspects of

Frontline Training Parker House, Mansfield Road, Derby DE21 4SZ. Telephone 01332 362222, email: info@mentalhealthtraining.co.uk www.mentalhealthtraining.co.uk



A very small selection of recent delegate evaluations.

'Very, very useful. One of the best courses I have been on. Will certainly use what I have learnt. Highly recommended for anyone at all that works with tenants and the public. Almost essential in my opinion'
Guinness Housing

'Similar, I assume, to being machine-gunned. Most enjoyable and informative course I have ever attended!'
Pembrokeshire County Council Social Care Workforce

'This trainer is amazing! Level of knowledge & the medium in which it was communicated as excellent. Great to receive training at an appropriate level. Brilliant!
Conwy County Council

This comment does not come from politeness. I'm a business trainer and have been on hundreds of courses, or many types. This is by far the best delivered, best informed, most useful and relevant course I have ever been on'
Broadlands District Council

'Best course I've been on. Great delivery, Very comprehensive information which was targeted perfectly to the audience at a level which was understandable and absolutely relevant to our roles as support / key workers. Brilliant day and cannot think of an ways in which it could have been improved'
Riverside

'Best Course I've done for years! Bloody Brilliant!'
AMHP Social Worker – Haringey Council

'The course was extremely stimulating and probably the best that I have been on with Longhurst Housing'
Longhurst Housing

'I haven't gained so much from a day's training for a long while. It's a subject in which I have a great interest . I gained much in terms of revision also new information. I haven't enjoyed learning so much for a while - excellent trainer'
AMHP Social Worker – Haringey Council

'Great course! Wealth of information relevant to my role. Interesting combination of research, evidence-based practice of psychological interventions. Training of a much better academic level than lots of training within service at times. Really enjoyed the day
AMHP Social Worker – Haringey Council

"Hands-down the best training that I have ever had at Redbridge"
London Borough of Redbridge Council

'Very interesting course, learned a lot of valuable tools for use with individuals. Excellent delivery!'
Pembrokeshire County Council Social Care Workforce

'Excellent training, thank you! Interesting and thought provoking. All really relevant'
West Yorkshire Partnership NHS Foundation Trust

'Five star! Incredibly interesting, informative, clear and concise. Well done!'
London Borough of Bexley Council

'Best training I have been on at Riverside - very clear and knowledgeable. We should do more courses like this - much better than the usual mediocre training we are subjected to. No ridiculous games designed to waste time or trainer that have little knowledge of the subject. This course was excellent'.
Riverside ECHG

'Excellent course – trainer's knowledge was exceptional - really enjoyed the course and took away some valuable information/tips to assist me with Lone Working'
Spectrum Housing

'Fantastic tutor, would hope that I would be on a course with Simon again. Best one I have been on. Great material and information. More courses like this, hands down the best course I have been on. The information and knowledge is fantastic'.
Accent Foundation Housing

'An excellent course and trainer. Really interesting and very useful information. So very much better than the previous trainer, etc for lone working. Many thanks'
Spectrum Housing

'Superb. The trainer knows his stuff, very informative and well linked to health and safety. Recommend to all staff who work alone'.
Barnet Council (H&S manager)

'Simon is a great tutor and has great knowledge. It's lovely to be able to enjoy a course from start to finish. From the science to the backgrounds of people, to the videos and situations, couldn't fault a thing'.
Walsall Housing

'I was impressed by the trainer's vast knowledge around the subject. It was invaluable the psychology behind risk and behaviours and as delivered in a way we all levels and background knowledge could understand. Thank you so much for a brilliant course'.
Waltham Forest Council

'Most beneficial training I have ever had - relevant, interesting, inspiring - wish there could be more training like this'.
Northampton Probation Services

'Awesome Session. Trainer was excellent!'
Delos Community

'Simon is the best teacher & facilitator of any workshop I have ever been on'.
Riverside ECHG

'Excellent course, training style was brilliant. Thought Wish I could do more training like this. Best training I have ever done'
Guinness Housing

'Though provoking and explained content in a way that made sense. Really enjoyable day'
AMHP Social Worker – Havering Council

'Thank you. A most stimulating and thorough experience for learning and consolidation. Very enjoyable course!'
West Yorkshire Partnership NHS Foundation Trust

'Really good course, informative, relevant to work, really well presented, knowledge of trainer was excellent.
AMHP Social Worker – Havering Council

'This training is possibility the best I have ever been on. I found it all relevant to my role and I now feel more confident in spotting behaviour that could turn nasty and how to take measures to prevent it or to deal with it if the worst came to the worst! Very valuable information to have in my job!. The trainer was extremely knowledgeable and excellent in his training methods'.
Ascis Housing

'Great use of media footage, good straight forward explanation of personality disorder and mental health and the differences therein. Great Trainer!'
Nottingham Community Housing

'One of the best courses I have ever attended. Very informative and useful for all public facing workers'
Thanet District Council

'Great course, would do it again, very, very good course'
Serco

'The case studies were most useful as I was able to link the learnt theory to a situation'
Thames Valley Police

'Brilliant! Recommend it to anyone!'
St Mungos

'Course was fantastic! Trainer as fantastic!'
Barnet Council

'It was excellent. A training course that I got a lot from and one that I will remember for a long time!'
Erewash Council

'Excellent. Best course I've been on!'
Barnet Council

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