

# MI-1

**Motivational Interviewing: Level 1 Foundation**  
2-day skills development workshop



- Discover why people behave the way they do.  
Workshop delivered by Glenn Hinds

**‘Guiding change in helping conversations’**

4-5 April, 2012

**Venue: Farset International**

466 Springfield Road, Belfast BT12 7DW

**Booking Line: 028 7186 0148**

Group discounts available  
on request



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*Glenn Hinds*  
MOTIVATION AND COACHING CONSULTANTS

# Motivational Interviewing: Level 1 Foundation



(2-day workshop)

**“Motivational Interviewing (MI) is a collaborative person-centred form of guiding - to elicit and strengthen motivation for change”**

Miller & Rollnick 2009

## Background to Motivational Interviewing

MI was initially shown to be effective in the treatment of addictions in the 1980s, yet the focus since has broadened to behaviour change in general. Given the work of practitioners and researchers including Professors William Miller and Steve Rollnick, MI and its adaptations have successfully been used in health and social care settings, criminal justice, staff wellbeing and as an effective tool within brief interventions.

## Is this course for me?

This two day workshop is designed for everyone who wishes to develop their skills in supporting people change their behaviour. It will be of particular interest to those assisting people who wish to change their thinking or behaviour including diet, substance use, exercise routine, medication adherence, criminal behaviour, or any other health or lifestyle behaviour. This workshop has benefitted staff and practitioners from Human Resources, Criminal Justice, Family & Children Services, Housing Departments, Midwives, Nurses, Youth Workers, Social Workers, General Practitioners, Doctors and Welfare Agencies.

## 1.0 Course Aims

To introduce participants to the skills, processes and opening strategies of Motivational Interviewing.

## 2.0 Learning Outcomes

On completion of the programme, participants will demonstrate:

- a practice based awareness of the four processes of motivational interviewing
- an understanding of the theories of behaviour change and the relevance to individuals' decision making
- an ability to assist individuals and groups assess their own readiness to change and make appropriate decisions about their behaviour
- a working knowledge of the opening strategies of motivational interviewing
- a recognition of how discord or resistance arises and effective practitioner responses
- a confidence and commitment to utilise the processes and strategies of Motivational Interviewing in their work/practice setting
- an understanding of how to engage mandated clients who attend against their will

[www.youtube.com/GlennHinds](http://www.youtube.com/GlennHinds)

“WHAT THEY SAID”



Clinical Service Manager

“This training has definitely improved my communication skills with clients - thanks.”

Health Visitor

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## 3.0 Course Content

Participants will be introduced to and provided with the opportunities to explore:

- the basic concepts of Motivational Interviewing and brief interventions
- the psychological theories of behaviour change
- the spirit of Motivational Interviewing and its significance in behaviour change practice
- person-centred skills in helping and supervision conversations
- the processes of Motivational Interviewing and their implementation in practice
- the 'Transtheoretical Model of Change' and its relevance to understanding individuals' 'behaviour change decision making'
- the use of motivational assessment, intervention and planning tools
- the opening strategies of Motivational Interviewing in helping and supervision conversations
- the application of Motivational Interviewing and its adaptations to their work/practice setting

## 4.0 Learning/Teaching Methods

Giving recognition of the various learning styles of course participants, course materials and learning will be delivered in several formats to ensure the highest level of engagement and learning outcomes for all students.

The workshop will include:

- Interactive Group Work
- One-to-One and Small Group Exercises
- Experiential Learning
- Role/Real Plays
- Practice Observation and Reflection
- Independent Learning
- Taught Input

Glenn Hinds Motivation and Coaching Consultants offer 'Certificates of Attendance' which can be incorporated into your continuing professional development portfolio.

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"WHAT THEY SAID"



Youth Service Practitioner & Trainer

"I'll recommend this course to all of my colleagues." *Counsellor*

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## (2-day workshop)

### Terms & Conditions

#### The cost of this 2-day skills development workshop is:

- £200 + VAT Statutory ([Group discounts available on application](#))
- £185 + VAT Voluntary/Community ([Group discounts available on application](#))

Tea/coffee will be provided.

Participants may wish to bring their own lunch or use the facilities on site.

#### Please return your completed registration form with payment to:

Glenn Hinds Motivation and Coaching Consultants, 4 Henderson Park, Maydown, Derry BT47 6US

All cheques should be made payable to Glenn Hinds.

This 2-day skills development workshop is limited to 18 participants. In order to ensure the highest quality clinical skills acquisition, early application is advised. Applicants are agreeing to adhere to the following terms and conditions when applying to participate in training provided by Glenn Hinds Training.

#### In the case of cancellation by the participant the following will apply:

- Within 7 days of the first day of the training event will result in payment of the full fee.
- Between 8-27 days will result in payment of 50% of the full fee.
- 28 days or more ahead of the first day will result in an administration fee of £30.

#### In the case of cancellation by Glenn Hinds Motivation and Coaching Consultants:

- All participants will be offered an allocation on the next available training course or a full refund.

If you would like any further information:

contact Lisa on +44 (0)28 7186 0148 or +44 (0)77 6376 4486

email [training@glennhinds.com](mailto:training@glennhinds.com)

visit [www.glennhinds.com](http://www.glennhinds.com)

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### Application Form: MI Level 1 Foundation (4th and 5th April 2012)

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Tel: \_\_\_\_\_ Home/Work/Mobile ([delete as appropriate](#))

I enclose a cheque for £240 (£200 + VAT - Statutory)

I enclose a cheque for £222 (£185 + VAT - Voluntary/Community)

My employer is paying my fees, please invoice: \_\_\_\_\_

I agree to the terms and conditions of this training.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

You will receive an email or postal confirmation of your booking. Thank you.

**BOOK ONLINE**

[Click here](#)