

# MI-2

**Motivational Interviewing: Level 2 Intermediate**  
2-day skills development workshop



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



**‘Evoking change in helping conversations’**

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***Glenn Hinds***  
MOTIVATION AND COACHING CONSULTANTS

# Motivational Interviewing: Level 2 Intermediate

(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 anyone with previous training in MI, who wishes to develop their skills in supporting people change their behaviour.

It will be of particular interest to practitioners working with clients 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 develop practitioners knowledge and skills in the consistent and effective use of Motivational Interviewing

## 2.0 Learning Outcomes

On completion of the programme, participants will demonstrate:

- The ability to differentiate Change Talk and Commitment Talk in helping conversations
- A practical awareness of the strategies to elicit and enhance Change and Commitment Talk
- A practical use of The Value Sort Cards
- Confidence in:
  - The use of the opening strategies of motivational interviewing
  - The readiness Ruler
  - Decisional Balance
  - Change Plan Worksheet
- An increased confidence and commitment to utilizing the principles and strategies of Motivational Interviewing in their work/practice setting

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

“WHAT THEY SAID”



Clinical Service Manager

“The training went beyond my expectations in many ways and I will definitely use this content in my practice” *Health Visitor*

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## 3.0 Course Content

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

- Their understanding and practice of the basic concepts of Motivational Interviewing & Health Behaviour Change
- Change, Commitment & Resistance Talk
- Engaging Mandated Clients
- MI in Supervision, groups and Team Work Conversations
- Simple & Complex reflections
- Essentials of Affirming
- The Use of Motivational Assessment, Intervention and Planning Tools
- Values, Discrepancies and Change

## 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”



Family Nurse Practitioner Trainer

“Glenn was very encouraging and modelled the use of MI throughout the two-days bringing the theory to life.” *Housing Officer*

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## Further Information

### What we offer:

Glenn Hinds Motivation & Coaching Consultants specialise in offering bespoke best practice training seminars and workshops to meet you and your organisations needs. Please call us to discuss your needs in any of the following areas:

- Motivational Interviewing
- Brief & Opportunistic Interventions
- Parental Substance Misuse and the Impact on Children
- Cognitive Behavioural Therapy
- Activation & Commitment Therapy
- Substance Awareness
- Substance Use and the Family
- Coaching and Mentoring Services

### You can contact us:

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