

# MI-60mins

Motivational Interviewing: Beginners Guide  
60 Minute Introductory Seminar



- Discover why people behave the way they do.  
60 minute introductory seminar delivered by Glenn Hinds

‘Engaging helping conversations’

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*Glenn Hinds*  
MOTIVATION AND COACHING CONSULTANTS



## 60 Minute Introductory Seminar

**“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?

Participants will be offered an overview of the theory and practical uses of MI

#### 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:

- Recognise the key principles and strategies of motivational interviewing
- Have been introduced to theories of behaviour change and the relevance to individuals' decision making
- Have an insight into the theoretical foundation of Motivational Interviewing

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

“WHAT THEY SAID”



Youth Service Practitioner & Trainer

“Lots of food for thought! My kids will have a new mum at home tonight.”  
College Lecturer



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### 3.0 Course Content

Participants will be introduced to:

- The concepts of Motivational Interviewing & Health Behaviour Change
- The Psychological Theories of Behaviour Change
- The Efficacy of Motivational Interviewing in Health Behaviour 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
- Taught Input

### 5.0 Certification

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

“This makes perfect sense, and all of us should be using it. I want to learn more about how to use motivational interviewing.” *HR Manager*

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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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