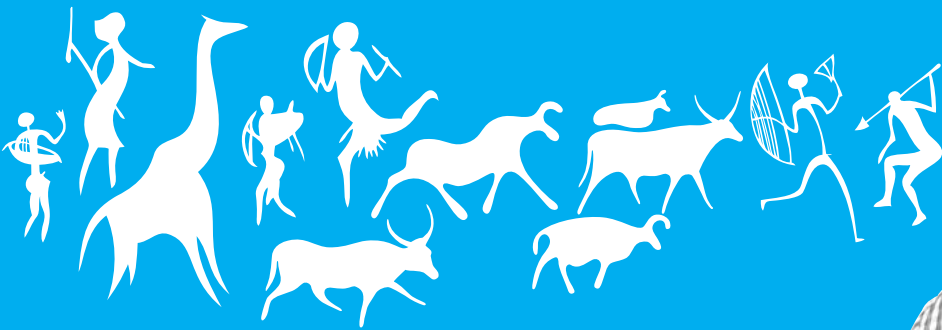


MI-1

Motivational Interviewing Level 1 Foundation & Practice

Two-Day Skills Development Workshop



Your Success IS Our Business



Delivered by
Glenn Hinds

Date 9th & 10th May 2019

Venue **Derry~Londonderry**

77 Great James Street,
BT48 7DG

Booking 0776 376 4486



Group
Discount
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10%
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Glenn Hinds
MOTIVATION AND COACHING CONSULTANTS

glennhinds.com



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

Miller & Rollnick

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 three day practice focussed 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.

Having completed the initial two days of training participants will have the opportunity to translate learning into their work environment. Having had the experience of practice, participants will be assisted on day 3 to further develop their understanding and integration of motivational interviewing skill with their client group.

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 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.

“WHAT THEY SAID”

www.youtube.com/GlennHinds



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

5.0 Certification

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

"WHAT THEY SAID"

www.youtube.com/GlennHinds



Youth Service Practitioner & Trainer

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

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Terms & Conditions

The cost of this two-day skills development workshop is:

£250 + VAT Statutory ([Group discounts available on application](#))

£210 + VAT Voluntary/Community ([Group discounts available on application](#))

**Early Bird Discount: 10% Discount if paid in full by 19th April 2019*

Tea and coffee provided.

Participants may wish to bring their own lunch or use local cafes.

Please return your completed registration form with payment to:

Glenn Hinds Motivation and Coaching Consultants
77 Great James Street, Derry-Londonderry BT48 7DG
All cheques made payable to Glenn Hinds.

This two-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:

Call: Lisa on +44 (0)28 71265018 or +44 (0)776 376 4486

Email: training@glennhinds.com

Visit: www.glennhinds.com

Application Form: MI Level 1: Foundation & Practice

(9th & 10th May 2019)

Name: _____

Organisation: _____

Address: _____

Email: _____

Tel: _____

Home/Work/Mobile ([Delete as appropriate](#))

I enclose a cheque for _____

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 >](#)