

Tuesday 20th June 2023

Motivational Interviewing

Online – Live Zoom Interactive Study Day

9:00am to 9:25am access meeting then locked and started at 9:30am to 4pm

What is Motivational Interviewing?

Motivational Interviewing is a style of communication that uses a guiding/reflective style to engage with patients, clarify their strengths and aspirations, and utilise their own motivations for change, and promote independence of decision making.

If this is sounding a little flowery, in a nutshell, it saves your breath, your time and you are more effective when it comes to people making decisions about themselves.

Is Motivational Interviewing for me?

If you spend your life explaining what your service users should, could, must or need to do then this course is for you. This interactive, light-hearted online, live study day is suitable for any and all members of the team. Registered delegates will receive their personal set of CRAFT cards, which are used during and then following the event, plus a responsibility reminder training aid!

Delegates will interact, participate and influence the content of the day which will use bespoke situations to demonstrate the MI skills – they **will not** be asked to role play or listen to us reading through endless PowerPoint slides.



NO POWERPOINT



CRAFT CARDS AND
PROPS



MEMORABLE
DEMONSTRATIONS



SUITABLE FOR ALL
HEALTHCARE
PROFESSIONALS

Testimonials from Colleagues Across

Shropshire, Telford & Wrekin

“This course should become part of our mandatory training!!!”

“Thanks so much for providing this excellent course, i'm so grateful!”

“Best online training I have been on (I have been to a lot)”

“This was SOOO brilliant. I have loved it and already told all my colleagues to do it.”

“Great course!”

“I will take away these new skills and suggestions to every aspect of my life, fantastic presenter, really fun day - so impressed! I was told by a colleague who had already done the day - that I would enjoy it - but surprised that it was so good - thank you so much!!!”

“Very INTERACTIVE I found this useful both professional and personal”

“I will start practicing motivational interviewing techniques immediately. A dynamic, wonderful day; best online learning I have ever taken part in, fantastic!!”

“Fantastic day, didn't stop smiling and learnt a lot about myself and what MI can achieve!!”

Agenda

9:00	Registration and Online access audio and visual confirmed
9:30	Introductions - and online etiquette
9:30	MI - What is it - why does it work - How the brain receives stuff! - Principles and Background in a nutshell
10:00	The spirit & principles of MI
10:45	Offering Advice - how to do this without pi**ing people off!
11:15	Official Break
11:30	When Ambivalence meets the Righting Reflex
12:00	Change Talk- What is it? How can I find it? Why does it matter?
12:45	LUNCH
13:30	MI - Open questions, affirmations, reflections and summaries set in context and practiced
15:00	Tea Break
15:15	Putting it all together - demonstration designed by the delegates
15:45	Questions and Evaluation
16:00	Close

How to Register

To book a space on this Motivational Interviewing training, please click the link below.

Please note, spaces are limited and will be booked on a first come, first served basis.

[BOOK HERE](#)