



**Training & Assessment  
in Healthcare Ltd**

*Training and Professional Development*

## **Motivational Interviewing & Principles for Success**

**This short course aims to introduce staff to the key concepts and develop effective skills knowledge to gain confidence to work with Principles of Motivational Interviewing**

### **COURSE OBJECTIVES**

- To gain knowledge of the definition of motivational interviewing (MI)
- To learn the background and aims of motivational interviewing
- To learn the principles of motivational interviewing, including the spirit of MI
- To discuss and explore the differences between traditional approaches and motivational interviewing approaches
- To gain awareness of concepts and terminology, such as the stages/process of change, ambivalence, relapse, rolling with resistance and *OARS*
- For staff to be able to practice-effective skills including use of questions and listening skills/techniques

### **COURSE NOTES**

- This course involves group work and discussion that supports the practical application of motivational interviewing techniques in your workplace

<b>COURSE INFORMATION</b>	
<b>Duration:</b>	Half day
<b>Who should attend:</b>	Nurses, All Care/Support Workers, Managers/Seniors/CHAPS
<b>Certification:</b>	Certificate of Attendance
<b>Travel Charge:</b>	Dependent on Location

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