



Training and Professional Development

An Introduction to Motivational Interviewing

This short course aims to introduce staff to the concepts of motivational interviewing - a counselling method that helps people resolve ambivalent feelings and insecurities to find the internal motivation they need to change their behaviour.

COURSE OBJECTIVES _____

- To gain knowledge of motivational interviewing (MI)
- To learn the aim of motivational interviewing
- To learn the principles of motivational interviewing, including the spirit of MI
- To discuss the different techniques for motivational interviewing
- To gain knowledge of different resources and references for further learning

COURSE NOTES _____

- Further courses are available to advance skills and to practice techniques – full day is needed to extend/enhance skills
- This short course can be delivered via zoom

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

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