



**Bournemouth
University**

School of Health and Social Care

Motivational Interviewing Skills

3 day course

Target Group

Professional and non-professionally qualified staff working with clients to enhance motivation to change.

Outcomes

By the end of this course delegates will have:

- been introduced to the key elements of Motivational Interviewing
- been given an understanding of the philosophy and spirit of Motivational Interviewing
- undertaken practical exercises and discussions relating to their own area of work

Structure

The course is divided into a 2 day introduction, followed by a half-day supervision seminar. Participants will be expected to attend the supervision seminars to successfully complete the training.

Dates/Venue:

10 th , 11 th March and 8 th September 2010	Bournemouth University, Lansdowne Campus Studland House S203
11 th , 12 th May and 11 th Nov 2010	Bournemouth University, Lansdowne Campus Studland House S203

Time: 9.30am to 4.30pm (tea/coffee will be provided)

To Book: Contact your Education Lead

Motivational Interviewing - Outcomes:

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Day 1

- Introduce Motivational Interviewing,
- Compare it with other approaches.
- Introduce the principals and phase 1 of MI
- The theory will be introduced, strategies named, and examples given
- The participants will be able to watch MI demonstrated and then practise MI in pairs.

Day 2

- Phase 2 of MI
- Focuses on resistance.
- Introduces strategies for dealing with resistance and role play exercises.
- Strategies for working with clients who have mental health and substance use will be discussed.
- Resistance within the participant's workplace will be open for
- discussion, and MI strategies and principles applied
- The participants, will be able to see it watch CD demonstration and then practise MI in pairs