

Course duration: 2 days

Maximum number of delegates: 20

Optimum number of delegates: 15

Rationale for course:

Due to the increase in the popularity of Motivational Interviewing and Solution Focused Therapy as interventions both in addictions and general health and social care practice, this two-day course will give practitioners the skills to engage with their clients using motivational interviewing techniques in conjunction with Solution Focused Therapy, thereby facilitating client led, sustainable behaviour change.

Aims/objectives:

To introduce a range of practitioners to the basic principles of Motivational Interviewing and Solution Focused Therapy and to show the efficacy of these therapeutic interventions in developing sustainable client lead behaviour change by allowing peer evaluated skills rehearsal.

Course outcomes:

- Understanding of the principles and strategies used in motivational interviewing
- Understand the role of motivational interviewing in relation to brief interventions and the Cycle of Change
- Understand and utilise the theoretical framework including important concepts
- Integrate knowledge within an appropriate practice setting
- Understanding of the principles and strategies used in motivational interviewing
- Understand the skills and principles of Solution Focused Therapy, including competency frameworks and client success focus
- Be able to practise skills rehearsal, demonstrating consolidation of knowledge

Target audience:

Social Work Staff Qualified and Unqualified

Testimonials:

'Comprehensive introduction to MI' – Social Worker, Glasgow

'Fantastic Course' – Prison Officer, Aberdeen

Trainer Biography:

Allan is a professionally qualified social care manager, who has worked in both practice and educational roles within social care for over 25 years. Allan has developed and delivered many professional development events on a variety of topics relating to substance misuse and behaviour change and has delivered Motivational Interviewing and Solution Focused Interventions training to many different agencies across the whole range of social care practitioners including health and social work staff at all levels and experience.