

Course duration: 2 day

Maximum number of delegates: 20

Rationale for course:

Due to the increase in the popularity of Motivational Interviewing as a therapeutic intervention 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 thereby facilitating client led, sustainable behaviour change. The course can in most cases be tailored to the job specification of the attendees

Aims/objectives:

To introduce a range of practitioners to the basic principles of Motivational Interviewing practiced within a community health and social care setting and to show the efficacy of this therapeutic intervention 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 within health and social care
- 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
- Understand the use of this techniques using instructional DVD material
- Integrate knowledge within an appropriate practice setting
- Understand and demonstrate the use of Motivational Interviewing in a community setting without a clinical environment
- Understanding of the principles and strategies used in motivational interviewing
- Be able to practice skills rehearsal, demonstrating consolidation of knowledge

Target audience:

Nursing Staff all grades
Health Visitors
General Health Care Staff
Social Work Staff Qualified and Unqualified
Criminal Justice/Probation Staff
Youth Workers

Lesson plan/content

Day One

Time	Activity	Resources
0930 – 0945	Getting Started	OHP Large group feedback

0945 – 1015	What is Motivational Interviewing?	Small Group Work Brainstorm Trainer Presentation OHP/Handout
1015 – 1045	The Decisional Balance	Worksheet Handouts Large group discussion
1045 – 11.00	Break	
1115 – 1145	The Cycle of Change	Worksheet Handouts Large Group Discussion
1145 – 1230	Matching what we do to where the individual is at	Worksheet Small group work Group presentation Discussion/questions Handout
1230 – 1315	Lunch	
1330 – 1415	The General Principles of Motivational Interviewing	Trainer presentation Discussion OHP
1415 – 1445	Listening and dealing with Ambivalence	Skills rehearsal
1445 – 1500	Break	
1500 – 1530	Reflective Listening	Skills Practice Large Group feedback/discussion
1530 – 1600	Traps which you may fall into	Large Group work Worksheet OHP
1600	Close	

Day Two

Time	Activity	Resources
9.15-9.30	Review of Day One	Flipchart
9.30-10.30	Video presentation	TV, Video
10.30-10.45	Break	
10.45-11.15	The Strategies	Presentation
11.15-12.15	Skills Rehearsal	Trainer instruction

12.15-12.30	Review of skills rehearsal	Feedback
12.30-1.30	Lunch	
13.30-14.15	Video presentation	TV, Video
14.15-15.15	Final skills rehearsal	Trainer instruction
15.15-15.30	Break	
15.30-16.00	Relevance for the your client/patient group	Presentation Discussion
16.00-16.30	Evaluation and Review	Group feedback Completion of Evaluation
16.30	Close	

Teaching methods:

Large group discussions
Small group work
Presentation
Skills Rehearsal

Testimonials:

'Comprehensive introduction to MI' – Social Worker, Glasgow
'Fantastic Course' – Prison Officer, Aberdeen

Trainer Biography:

Allan Johnston 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 training to many different agencies across the whole range of social care practitioners including health and social work staff at all levels and experience.