



is this
course for
me?

Motivational Interviewing (MI) Study Day



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Is this study day for you?

This interactive day is suitable for all Healthcare Professionals, from Senior Consultants to Health trainers and community workers.

We all went into the health and social care professions to help people; we feel that we can make things 'right' for them and we spend much of our time trying to do so.

If you spend your life explaining what your patient should, could, must or needs to do then this is the course for you. Motivational interviewing is a style of communication that uses a guiding/reflective style to engage with patients, clarify their strengths and aspirations, and utilise their own motivations for change, and promote independence of decision making.

If this is sounding a little flowery, in a nutshell, it saves your breath, your time and you are more effective when it comes to people making decisions about themselves.

We all think we are brilliant communicators but come and find out how to keep your hands off other peoples monkeys! This course has run for several years and without exception evaluates as a stunning learning experience, where delegates leave knowing why they want to use MI, what MI is all about and the ability to start practising some aspects of it as soon as they go home.

What is it about?

There is an introduction and then each of the core skills of MI are taken a step at a time. There is laughter and fun with **NO POWER POINT!!!** Yes you heard it here first. There is **NO ROLE PLAY!!** There is simply excellent training. What you learn is through informal demonstrations. We keep it simple and practical so from the moment you leave you can start practising. You can't hurt anyone by using MI, but you may well save your forehead as you will be able to stop banging your head against the brick wall of behavioural change.

*If you are thinking of commissioning training in your area
we would love to chat through what we could do to help
you achieve your training goals.*



Et al Training
putting the pieces together

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What happens on the day?

- 9.00 Registration tea and Coffee
- 9.30 Introductions and plans for the workshop -
Expectations and outcomes
- 9.45 Motivational Interviewing - What is it?
Background and evidence in brief
- 10.15 The spirit and principles of MI -
Collaboration, Evocation, Autonomy, Support,
Direction, Rapport building
- 10.45 Core concepts and skills of MI -
Asking, listening and informing
- 11.15 Coffee break - (practical sessions from now onwards)
- 11.30 Open questions and affirmations
- 12.45 Lunch
- 13.30 Reflections, summaries and change talk -
recognising and eliciting
- 14.15 The righting reflex and ambivalence -
guiding principles
- 15.00 Tea break
- 15.15 Agenda setting -
'theirs not yours' - for your area of work
- 15.45 Questions and evaluation
- 16.00 Close

What's the Result?

An introduction to the principles, spirit and skills of motivational interviewing that allows you the opportunity in a relaxed environment to practice the core MI skills, before taking these back to the workplace and practice!

"I was relaxed and captivated by Cath and Jan who are like the "Morecambe and Wise" of the NHS. The day was great and I will definitely use this and as they say practice practice practice, thank you."



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