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Study Day on Motivational Interviewing

12th February 2014

CMS Conference Centre, Oxford

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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 health and social care to help people, we feel that we can make things ‘right’ for them and spend much of our time trying to do so.

If you spend your life explaining what they should, could, must, need to do then this is the course for you. Motivational interviewing is a style of communication which 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 nut shell, 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 of other peoples monkeys ! This course has run for several years and without exception evaluates as a stunning learning experience, where people leave knowing why they want to useMI, 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 through informal demonstrations, we keep it simple and practical so from the moment you leaved 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 behaviour change.
What happens on the day

9.00 Registration tea and Coffee

9.30 Introduction- 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

1.30 Reflections, summaries and change talk - recognising and eliciting

2.15 The righting reflex and ambivalence - guiding principles

3.00 Tea break

3.15 Agenda setting - 'theirs not yours' - for your area of work

3.45 Questions and evaluation

4.00 Close

Aim
An informal study day, to introduce participants to the principles, spirit and skills of motivational interviewing. Allowing the opportunity in a relaxed environment to practice the core MI skills, before taking these back to the work place and practise!