Motivational Interviewing Training for Health, Community and Education Professionals

We offer a range of training packages from two hours to half-a-day, through to our more extensive one day training.

All our training programs can be tailored to suit the particular organisation, setting, time constraints and needs of the workplace – shorter sessions can also be delivered upon request. Please see below for further details.

**Two Hours Motivational Interviewing Training Outline**

If you work in an organisation where you are pressed for time and are not able to offer extended support, then our two hour program is ideal for you.

The two hour training program provides participants with information on:

- understanding client/a young person’s behaviour and motivation to change
- assessing the client's/a young person’s readiness to change through the transtheoretical model of behaviour change
- understanding the philosophy of motivational interviewing
- exploring and resolving a client's/a young person’s ambivalence
- using practical communication skills to encourage conversation and deal with resistance

In this training, we provide you with background information to help support your work with clients/young people including resolving ambivalence in a positive way.

**Half Day Motivational Interviewing Training Outline (3.5hrs)**

If you work in an organisation where you are able to offer a little more support to your clients/young people, and would like to increase your knowledge and skills to enable you to do this, then our half day program is ideal for you.
The half day training program provides participants with information on:

- understanding client/a young person’s behaviour and motivation to change
- assessing the client's/a young person’s readiness through the transtheoretical model
- understanding the philosophy of motivational interviewing
- using practical communication skills to encourage conversation
- exploring and resolving a client's/a young person’s ambivalence
- identifying and diffusing client/a young person’s resistance, and working with them towards change

In this program, we provide you with more background information to support your work with clients/young people including practical communication skills to encourage conversation; identifying and diffusing client/a young person’s resistance in a constructive way, and guiding and motivating clients/young people towards action.

**One Day Motivational Interviewing Training Outline (9am – 4pm)**

If you would like to increase your confidence, knowledge and skills to enable you to provide your clients/young people with more extended support, then our one day program is ideal for you.

The one day training program provides participants with information on:

- understanding client a young person’s behaviour and motivation to change
- assessing the client's/a young person’s readiness to change through the transtheoretical model
- understanding the philosophy of motivational interviewing
- using practical communication skills to encourage conversation
- exploring and resolving a client's/a young person’s ambivalence
- identifying a client's/a young person’s resistance and working with them towards change using practical communication that supports their own values and strengthens their motivation for change
- exploring the client’s/a young person’s readiness to change and their willingness and ability (self-efficacy) to change
- supporting clients/young people to choose their own solutions, including effectively helping them with an action plan

In this one day program, we provide you with detailed information to support your motivational interviewing approach with clients/young people including exploring the client’s/young person’s values in life and their concerns about their current behaviour, using these as powerful motivators for change.

We explore the client’s/a young person’s readiness to change, including their self-confidence as well as the importance of setting realistic goals to help motivate clients towards change.

We provide you with practical strategies and provide many opportunities in the one day program for reflection and review, with non-threatening group activities incorporated throughout the day.
Interested and would like a quote?

For a free, no obligation quote on one, or all our training programs, please contact us.

Two Day Training?

For the moment, the only training we offer over two days is our Smoking Cessation training. If you would like motivational interviewing presented over two days, please get in touch with us.