



# 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 and two days of 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/an individual person's behaviour and motivation to change
- assessing the client's/an individual person's readiness to change through the transtheoretical model of behaviour change
- understanding the philosophy and key skills and principles of motivational interviewing
- exploring and resolving a client's/an individual person's ambivalence and diffusing resistance to change
- putting motivational interviewing into practice

In this training, we provide you with background information to help support your work with clients/individuals 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/individuals, 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/an individual person's behaviour and motivation to change, including assessing the client's/an individual person's readiness through the transtheoretical model of behaviour change
- understanding the philosophy and key skills and principles of motivational interviewing
- using practical communication skills to encourage conversation
- exploring and resolving a client's/an individual person's ambivalence and diffusing resistance to change
- putting motivational interviewing into practice

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:

- the key skills and principles of motivational interviewing and its benefits
- assessing the client's/a young person's readiness to change through the transtheoretical model of behaviour change and how to help pre-contemplators (people who are not interested in changing)
- understanding client/a young person's behaviour and motivation to change
- exploring person-centred care and effective communication (including challenges faced in practice such as working with difficult clients/young people, working with individuals who have poor health literacy, mental health issues (including anxiety and depression), and helping clients/young people manage stress)
- utilising motivational interviewing skills to deal with a client's/a young person's resistance (in a constructive and positive way), and to explore and resolve their ambivalence, by:
  - exploring whether they are ready, willing and able to change
  - utilising practical strategies to encourage conversation (expressing empathy, asking open-ended questions, listening reflectively, avoiding arguing, eliciting and reinforcing change talk)
  - developing the client's/the young person's discrepancy between current behaviour and preferred behaviour through the decisional balance tool
  - supporting the client's/the young person's own values and concerns to strengthen their motivation for change (rather than against change)
  - affirming change and supporting self-efficacy that change is possible and achievable
  - negotiating a plan, and setting realistic goals with clients/young people to help facilitate and motivate them towards change based on their readiness, confidence and motivation to change
- how to give advice the motivational interviewing way
- putting motivational interviewing into practice

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.

## ***Two Days' Motivational Interviewing Training (9am – 4pm on both days)***

On the second day of training, we build on the key skills and principles of motivational interviewing that were presented on day 1, including:

- working with clients/young people who have complex health issues (focusing on psychosocial factors and mental health concerns)
- eliciting change talk including exploring the client's/young person's values
- communicating and listening effectively with a particular focus on the different levels of reflective listening
- relapse management and further building on how to give advice the motivational interviewing way
- putting the key skills into practice (over the two days with additional time for practice, reflection, and review)

All our training sessions are interactive with time allocated throughout for questions with many opportunities for reflection and review. Non-threatening group activities, discussion and skills' practice are incorporated throughout the day/s to help facilitate and reinforce learning.

In the one and two day program, we provide you with detailed information to support your motivational interviewing approach with clients/young people, including working with individuals to improve their self-confidence and setting realistic goals to help facilitate and motivate them towards change.

We explore the clients'/the young person's values in life and their concerns about their current behaviour, using these as powerful motivators for change. We provide you with practical strategies to encourage conversation and help you deal with resistance, doing so in a constructive and positive way.

Furthermore, for participants attending the one and/or two day program, they will be requested to fill out a pre-training needs' assessment form which will help us in tailoring the training to suit the needs of the participants attending. This ensures that what we provide in our training is relevant and valuable for the participants attending with relevant skills based areas covered.

## ***Follow Up/Refresher Session***

The follow up/refresher session is an optional extra that provides future development and support after the training. It can be conducted one to three months post the training helping to ensure effective implementation of the key learnings of motivational interviewing. The follow up session allows participants the opportunity to evaluate their efforts in applying motivational interviewing in the interim.

The session is run informally with participants invited to share both their challenges and successes. The participants will also work in small groups on an additional case study as a means of developing action plans for their clients/staff/young people.

The follow up session is run at a minimum, over two hours. However, it can also be conducted in half a day. During the longer sessions, participants are given additional time to practice and refine their motivational interviewing skills, including a range of case studies to work from...

In the **half day refresher training**, we focus a lot more on asking evocative questions to help elicit the change talk; how to use more complex reflections in consultations, and how to implement the change talk. Additional role plays are included in the training.

An additional practical resource summarising the key motivational interviewing questions is exclusively provided for participants in this follow up/refresher session only.

### ***Interested and would like a quote?***

For a free, no obligation quote on one, or all our training programs, please [contact us](#).