

# Motivational Interviewing: Level 1+ (Introductory) Practitioner workshop

*“Motivational Interviewing is a collaborative, goal-oriented style of communication with a particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion” (Miller & Rollnick, 2013).*

Now in its 17<sup>th</sup> year, the SHU MI workshop series has been delivered to over 3500 front line health professionals and practitioners across the world. We offer training and supervision for those wishing to develop skills in Motivational Interviewing (MI), whatever their experience levels or work setting. The introductory workshop enables practitioners from a range of settings to experience the application of MI and develop skills and awareness of MI ‘spirit’, as well as micro-skills (OARS), and change/sustain talk. It includes a two-day experiential workshop with an additional 1-day distance learning (DL) component.

## Aims and objectives:

The Level 1+ Practitioner Workshop will introduce, develop and evaluate skills in MI, exploring individuals' ambivalence to change from risk behaviours. The main aims and objectives of the course are:

- to understand and be able to apply the technical (OARS) and relational (spirit) components of MI, embedded within the four processes (engagement, focusing, evoking and planning)
- to develop skills in exploring a client's ambivalence and readiness for change
- to identify effective methods of communication techniques for initial and ongoing consultation sessions
- to enable counsellors to encourage clients' self-efficacy and self-responsibility for change
- to develop skills within the counsellor that will aid the client to move through the stages of behaviour change including maintenance and relapse prevention

## Who should attend:

- health professionals working with patients in order to reduce 'risk behaviours' and achieve health behaviour change
- exercise and fitness professionals
- counsellors working in 'addiction settings' such as drugs, smoking, alcohol and lethargy
- practitioners wishing to become members of MINT and to attend Train the Trainers (TNT)

The training is delivered by members of the Motivational Interviewing Network of Trainers (MINT) and the curriculum is aligned to the content recommended for practitioners and trainers in MI. The lead trainer, Prof Jeff Breckon, was trained as an MI trainer by Prof Bill Miller and Prof Steve Rollnick and has delivered the Training New Trainers (TNT) programme for MINT in Barcelona (2009) and Krakow (2013).

**When:** 9<sup>th</sup>, 16<sup>th</sup> February 2022 (2 days contact + 1 day DL)

**Cost:** External attendee: £295 per person; SHU Staff/Student: £150 per person

**Interested?** To enquire about booking a place on the upcoming course, please contact register your interest [here](#)

For any further queries, please contact us at: [health-ri@shu.ac.uk](mailto:health-ri@shu.ac.uk)