

## Target Audience

---

Housing Support Teams, Social Workers, Occupational Therapists and those working in a variety of settings who support people to be involved with an effective, evidence-based approach to overcome the ambivalence which keeps people from making the desired changes in their lives.

Originally aimed mainly at helping substance misuse, motivational interviewing targets the ability to sense 'where the person is at' and to respond effectively. For this reason, it represents fundamental clinical skills which are important to know about and to master. Learners will cover open-ended questioning, affirmation, summarising, reflective listening, rolling with resistance, change talk and complementing change talk.

This course is based on the latest edition of Miller and Rollnick's book so covers the four broad components of skill, namely: Knowledge and Spirit, Engaging, Focusing and Evoking, and Planning and Integration

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, interactive polls, questionnaires and drawing tools, scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ Rollnic and Miller. What is motivational interviewing? Behavioral and Cognitive Psychotherapy, 23, 325-334.
- ◆ Hettema, Steel and Miller (2015). Motivational interviewing. Annu Rev Clin Psychol.1:91-111.
- ◆ Treatment Improvement Protocols. (1999) Enhancing Motivation for change in Substance Abuse Treatment. Chapter 3—Motivational Interviewing as a Counselling Style. SAMHSA.
- ◆ SAMSA-HSRA Center for Integrated Health Solutions website. Motivational Interviewing.

## Course Content

---

- ◆ Definition and description of Motivational Interviewing
- ◆ The underlying spirit of motivational interviewing
- ◆ Reflective listening and the person-centred OARS skills
- ◆ Identifying goals the person wants to move towards
- ◆ Exchanging information and providing advice
- ◆ Generating change talk and responding to it in a way that develops and encourages it
- ◆ Traps to avoid in early stages of therapy
- ◆ Responding to sustain talk in a way that doesn't encourage it
- ◆ Developing hope and confidence
- ◆ Timing and negotiating a plan of change
- ◆ Strengthening commitment
- ◆ Integrating motivational interviewing with other clinical approaches
- ◆ The link between motivational interviewing and the stages of change model
- ◆ Developing your motivational interviewing skill and practice after the course

## Learning Outcomes

---

**After attending this course, learners will be able to:**

- ◆ Define and describe Motivational Interviewing and explain the underlying spirit of motivational interviewing
- ◆ List the person-centered OARS skills and explain how to put them into practice
- ◆ Explain how to identify the goals the person wants to move towards
- ◆ Describe the steps involved in exchanging information and providing advice
- ◆ Explain how to generate change talk and respond to it in a way that develops and encourages it
- ◆ List the traps to avoid in early stages of therapy and explain developing hope and confidence
- ◆ Describe timing, negotiating a plan of change and strengthening commitment
- ◆ Explain how to develop motivational interviewing skill and practice after the course

**Duration: 6 Hours**