

# Motivational Interviewing in Brain Injury Rehabilitation

## What is Motivational Interviewing?

Motivational Interviewing is an effective, evidence based and deeply client centred approach aimed at helping people achieve positive behaviour change.

These courses are suitable for practitioners working in the brain injury field who would like to learn, develop and consolidate their motivational interviewing practice within a brain injury rehabilitation context.

## Courses are held in London, Nottingham and Durham

**Places are strictly limited!**

**£185 + VAT - 1 day course**

**£325 + VAT - 2 day course**

**To register your interest please email [admin@abisolutions.org.uk](mailto:admin@abisolutions.org.uk)  
or call 020 8763 2963**

## One Day Introduction to Motivational Interviewing in Brain Injury Rehabilitation

**London**

**19th April 2018 - Full**



**Nottingham**

**23rd April 2018 - Limited places still available**



## Two Day Introduction to Motivational Interviewing in Brain Injury Rehabilitation

**London**

**26th & 27th June 2018**



**Nottingham**

**12th & 13th June 2018**



## Advancing Your Practice

**London**

**27th September 2018**



**Nottingham**

**4th October 2018**



**London course sponsored by Anthony Gold**  
will be held in Counting House, London Bridge,  
London, SE1 2QN

**Nottingham Courses sponsored by VP Forensics**  
will be held in Lake View Drive, Sherwood Park,  
Nottingham, NG15 0HT

*"Anthony Gold Solicitors are proud to be sponsoring this important event on Motivational Interviewing therapy. Through our work with brain injury survivors, we have seen first-hand the benefits of rehabilitation and the positive effect it can have in aiding recovery outcomes. We hope you are able to join us."*

*"VP Complex Care are delighted to be sponsoring the latest Motivational Interviewing in Brain Injury Workshop. As a leading provider of care for those living in the community with a brain injury, we are on the front line of our clients rehabilitation. We understand the need for effective, evidence-based and person centred approaches to continually enable our clients to develop. We look forward to welcoming all attendees that share the same passion for achieving positive outcomes with clients."*

## Motivational Interviewing in Brain Injury Rehabilitation

*What is the difference between the courses and which one is right for you?*

*Motivational Interviewing is effective, evidence based and deeply client centred approach aimed at helping people achieve positive behaviour change.*

*These courses are suitable for practitioners working in the brain injury field who would like to learn, consolidate and develop motivational interviewing and how it can be integrated into brain injury rehabilitation.*

**WE ALSO OFFER BESPOKE IN-HOUSE TRAINING. PLEASE CONTACT US FOR FURTHER INFORMATION.**

### One Day

*The one day introductory course provides an overview of motivational interviewing within a brain injury context. This workshop is suitable for people for whom a 2 days course would be difficult to access. Typical participants are people who have had little or no training and would like to see if MI is an approach they would like to incorporate into their practice. Some participants may have previously attended a one or 2 day MI course and would like the opportunity to either revisit MI within a brain injury context OR refresh and consolidate their skills.*

### Two Day

*The two day introductory course covers much of the same content as the one day course. The additional time means that participants have much more time to observe, practise and gain feedback on their use of motivational interviewing throughout the course. The key to successful integration of MI into practice is through practise and feedback. The two day introductory course offers the participant an opportunity to attain a deeper understanding of MI through observing and practising interventions as they progress through the learning. Typical participants on a two day course are people who have had little or no training and would like to invest in a full two days of learning to help them begin to incorporate the approach into their practice. As in the one day course participants may have previously attended introductory MI training and would like the opportunity to refresh and/or consolidate their skills within a brain injury context.*

### Advanced

*The Advancing the Practise course is aimed at individuals who have completed some introductory training and would like to build on their learning. There is a specific emphasis on the use of MI in action planning within a brain injury context. This is an area that is covered briefly in the one and two day introductory MI courses delivered by ABI Solutions. In addition there is a more general emphasis on skill building in MI and matching your approach to the client's readiness to change.*



**Facilitator:**

**Verna Morris**

Specialist Brain Injury  
Occupational Therapist,  
Brain Injury Counsellor,  
Sheffield Hallam University

***The next step - Coaching - ABI solution offers individual and small group coaching to individuals who would like to continue their learning and become more proficient in their use of MI in their work Please enquire if you would like further information.***

# One day introduction to Motivational Interviewing in Brain Injury Rehabilitation

**BOOK NOW**

**London 19th April 2018**

Sponsored By



**BOOK NOW**

**Nottingham 23rd April 2018**

Sponsored By



## The course will include:

- The opportunity to meet and learn with colleagues from different settings in a relaxed learning atmosphere
- Reflection on the common ways of trying to motivate clients and explore why these ways often do not work
- What is motivational interviewing, how do you learn it and how does it work?
- Explore the relevance of Motivational Interviewing when working with clients with an acquired brain injury
- Opportunity to practise core skills for evoking motivation to change
- A focus on client change language and how it guides the practice of MI
- Introduction to the evidence base
- A practical workbook of ideas and strategies to take away

Programme	
09:00	Registration
09:30	An Introduction to motivational interviewing This session sets the scene for the rest of the day. It includes an overview of the key concepts and rationale for motivational interviewing in brain injury rehabilitation
11:00	Break
11:15	Engaging – The core skills used in motivational interviewing
12:30	Lunch
01:15	MI – the evidence base in brain injury
01:30	Focus - What helps when the practitioner and client don't share the same focus - Tips on giving information and advice in a way that maintains engagement
02:30	Evoking - The language of change
03:00	Break
03:15	Evoking - change talk and sustain talk
03:45	Planning – From evoking to planning
04:30	Finish

# A two day introduction to Motivational Interviewing in Brain Injury Rehabilitation

**BOOK NOW**
**London 26th & 27th June 2018**

Sponsored By


**BOOK NOW**
**Nottingham 12th & 13th June 2018**

Sponsored By



## The course will include:

- The opportunity to meet and learn together with colleagues from different settings in a relaxed learning atmosphere
- Reflection on the common ways of trying to motivate clients and explore why these ways often do not work
- What is motivational interviewing, how do you learn it and how does it work?
- Exploring the relevance of Motivational Interviewing when working with clients with an acquired brain injury
- Learning how to use motivational interviewing to give feedback, information and advice
- Learning about how to understand and guide clients' existing motivation through careful listening and responding to the language they use
- Learning about how to use motivational interviewing with clients who seem resistant to intervention
- Observing and practising core skills for evoking motivation to change
- Introduction to the evidence base
- A practical workbook of ideas and strategies to take away

\*\*\*\*\*There will be lots of opportunity for participants to observe, practise and reflect on practical applications of motivational interviewing. The emphasis throughout will be on the application of motivational interviewing in a brain injury context.\*\*\*\*\*

## Day 1 - Programme

09:15	Coffee and Registration
09:30	An Introduction to motivational interviewing - This session sets the scene for the rest of the course. It includes an overview of the key concepts and rationale for motivational interviewing in brain injury rehabilitation
11:00	Break
11:15	Spirit and Processes of Motivational Interviewing, Transtheoretical Model
12:30	Lunch
01:15	Engaging - The core skills used in motivational interviewing
03:00	Afternoon Break
03:15 - 04:45	Engaging, giving information, advice and feedback - In a way that maintains engagement

## Day 2 - Programme

09:15	Coffee and Registration
09:30	Focussing - What helps when the practitioner and the client don't share the same focus. An introduction to the evidence base
11:00	Break
11:15	Evoking- Recognising and Eliciting Change Talk
12:45	Lunch
01:30	Evoking - Eliciting and responding to Change Talk
03:00	Afternoon Break
03:15	Evoking - Using MI with clients who seem resistant to interventions
03:45	Break
04:15 - 04:30	Evaluation, carrying the learning forward

## Advancing Your Practice - 1 Day

**BOOK NOW**

**London 27th September 2018**

Sponsored By



**BOOK NOW**

**Nottingham 4th October 2018**

Sponsored By



*This workshop is designed for brain injury practitioners who have previously attended a one or two day introductory course. Participants will have some experience of motivational interviewing and would like the opportunity to improve their skills and knowledge further.*

*The emphasis of the workshop is on participants having the opportunity to:*


- *reflect on their use of MI*
- *explore how they can use motivational interviewing for the common clinical challenges they face*
- *practise and develop their skills in supportive environment*

Programme	
09:00	Registration
09:30	Introductions - Recap and review of the spirit, processes and interventions used in motivational interviewing
10:30	Challenges and experiences of using motivational interviewing in practice
11:00	Break
11:15	Skill development - Simple and complex reflective listening practise, affirmations in practice
12:15	Lunch
01:00	Skill development – A practical session focussing on eliciting, recognising and reinforcing change talk
02:00	Common clinical challenges - A session exploring the use of motivational interviewing with people with impaired self-awareness
03:00	Break
03:15	Planning - Using MI to strengthen commitment and support goal planning
04:00	Coding – An introduction
04:30	Self-assessment and planning – An opportunity for participants to reflect on their progress and consider how they will take the learning forward into their practice



AnthonyGold

Let us help you.  
Call Jon Nicholson on  
020 7940 4000 or visit  
[www.anthonygold.co.uk](http://www.anthonygold.co.uk)




## *When you need a solicitor who will see you as an individual*

Anthony Gold specialises in helping those who've been wrongfully brain-injured to claim compensation. Our partners are experts in this field.

We respect our clients' individuality; they value ours because it's focused on winning their cause.

We'll come to see you wherever you need – at home, at hospital or at one of our three London locations. We will fully explain how your case can be funded, being transparent from the outset.



## Changing the lives of people living with brain injury

Since 2006, we've built a reputation for providing a sensitive and proactive approach to care and rehabilitation for people with complex needs in the community, throughout the UK.

- CQC registered
- Full care management including care coordination, staff management and supervision, support and rehabilitation plans and risk assessment
- Live in and 1:1/2:1 support
- Safe, knowledgeable and experienced staff
- Transition management
- Psychological assessment and intervention
- Educational/occupational support
- Person-centred care – client led recruitment and support
- Support and rehabilitation, not 'management'

Find out how we can help, call us on  
**0870 850 4265** or visit **[vpfn.co.uk](http://vpfn.co.uk)**



VP Complex Care is a division of VP Forensic Ltd

 **complex care**





**ABI Solutions is the leading independent provider of events and conferencing services within the Brain Injury Sector**

**We are proud to be offering this course**

**Please visit our website for conference and training listings**

**Working together.**

**Connecting People.**

**[www.abisolutions.org.uk](http://www.abisolutions.org.uk)**

**T : 020 8763 2963**

**[admin@abisolutions.org.uk](mailto:admin@abisolutions.org.uk)**

## PLACES ARE STRICTLY LIMITED

### HOW TO BOOK

The cost is:

Price for one day course £185 + VAT

Price for 2 day course £325 + VAT

This includes lunch, refreshments and course material.

#### Option 1

**BOOK NOW**

#### Option 2

Please invoice my organisation for:

Delegate place(s): \_\_\_\_\_

PO Number (if applicable): \_\_\_\_\_

Please complete the writable booking form and email: [admin@abisolutions.org.uk](mailto:admin@abisolutions.org.uk)

Organisations will be invoiced upon receipt of this booking form with an email that will confirm the booking.

Payments can be made via BACs, cheque, or by following the 'PAY NOW' button on the confirmation email if you wish to pay online.

#### Option 3

If you would like to book immediately over the telephone using a debit or credit card please telephone 020 8763 2963. Please ensure you have the name, billing address and card details ready.

You will then receive a booking confirmation email and receipted invoice.

#### Option 4

Payment enclosed of £: \_\_\_\_\_

Delegate place(s): \_\_\_\_\_

Please send your completed booking form and cheque payable to ABI Solutions

Please return to: ABI Solutions, PO Box 3090, Purley, Surrey, CR8 9BQ

Organisations will receive a receipted invoice attached to an email that will confirm the booking.

Please contact us if you have not received your confirmation 5 days after submitting your booking.

**T & C's:** Returning the booking form, emailing or telephoning in your registration constitutes a firm booking. Delegate cancellations must be received in writing. Written delegate cancellations received six weeks prior to the conference/training will be accepted, however an administrative charge per delegate/booking will be applied. If written cancellations are not received six weeks prior to the conference/training, full payment will still be due irrespective of when the booking was made, the delegate(s)/exhibitor attended or the marketing material was submitted. Substitution of delegates can be made at anytime without cost by advising us in writing. We reserve the right to make changes to the speaker and programme without prior notice. If the training/conference is cancelled we will issue a full refund however we will not be responsible for any resulting costs you may incur for travel, accommodation, any other related goods or service or other compensation.

## BOOKING CONTACT

Name:

Job title:

Organisation:

Address:

Postcode:

Tel:

Mobile:

Email:

## INVOICING CONTACT (If different from above)

Name:

Department:

Organisation:

Address:

Postcode:

Tel:

Email:

## Delegate details (These can be supplied at a later date if required)

Course location & date:

Delegate 1:

Job title:

Tel/Mob:

Email:

Course location & date:

Delegate 2:

Job title:

Tel/Mob:

Email:

Course location & date:

Delegate 3:

Job title:

Tel/Mob:

Email:



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