

Do you want to improve the outcome of your interventions? Are there times when you feel the client is not engaged/motivated?

Motivational Interviewing and Behaviour Change for Practice - Part 1
19th and 20th November 2018 or 29th and 30th April 2019
£200* incl. lunch & refreshments

What is Motivational Interviewing?

Motivational Interviewing is a highly effective, evidence based and deeply client centred approach aimed at helping people achieve positive behaviour change. It is used in a broad range of areas including: brain injury, cancer survivorship, primary care, rehabilitation, pain management, mental health, occupational health, health promotion, vocational rehabilitation, drug and alcohol use, public health and social care.

What to expect from this 2 day course

A variety of learning methods will be used in a supportive learning environment reinforced by a strong evidence base and real life examples. There will be lots of opportunities to explore the relevance of this approach to your own practice. You will receive a practical workbook which includes tools and strategies to take away.

How will it help your practice? You will...

- ◆ Reflect on the common ways of trying to motivate clients and explore why these ways often do not work
- ◆ Learn about how to understand people's existing motivation through careful listening of the language they use
- ◆ Learn how to help client's to build and strengthen their motivation to make positive changes in their behaviour
- ◆ Learn about engaging and working collaboratively with people who seem highly resistant
- ◆ Come away with practical ideas of how to integrate the approach into your practice

"I can see it being integral to my approach with clients and carers. It's also useful in staff supervision"

"It was evident it works!"

"Great to use with my patients – especially the complex ones."

" This course would suit any professional working with people who need motivating to change their behaviour"

"Verna is one of the best tutors I have had – very informative with a professional, friendly approach – everything taught at a relevant level with time to listen to us"

"Inspiring, motivating, safe, confidence building and left wanting to know more"

COURSE FACILITATOR: VERNA MORRIS. VERNA IS AN OCCUPATIONAL THERAPIST, COUNSELLOR & MEMBER OF THE MOTIVATIONAL INTERVIEWING NETWORK OF TRAINERS (MINT). SHE REGULARLY USES MI IN HER CLINICAL PRACTICE FOR MORE INFORMATION PLEASE CONTACT COLETTE FEGAN 0114 225 2581 7 OR EMAIL C.M.FEGAN@SHU.AC.UK *LBR MAY BE AVAILABLE