



Motivational Interviewing

Motivational Interviewing (MI) was originally developed by Miller and Rollnick with the aim of helping people to change. In recent years, MI has become increasingly popular in social work because its values and theory are consistent with core elements of social work and it provides new ways of understanding some of the key challenges. MI focuses on how to have difficult conversations and there is strong evidence for its effectiveness in helping people change problematic behaviours.

This 2-day course will cover the following key topics:

1. Defining Change and its stages, Motivation and Motivational Interviewing (MI)
2. Using MI in work with people of different ages
3. The spirit of MI: Collaboration, Evocation, Autonomy Support
4. Principles of MI and relating empathic counselling skills:
 - Expressing empathy
 - Avoiding argument
 - Rolling with resistance
 - Supporting self-efficacy
5. The MI-specific empathic counselling skills:
 - OARS (**O**pen-ended questions, **A**ffirmations, **R**eflections, **S**ummaries)
 - Recognising and responding to Change Talk
 - EARS (**E**laboration questions, **A**ffirmations, **R**eflections, **S**ummaries)
 - Eliciting Change Talk
6. Rolling with Resistance:
 - Reflections (Simple, Amplified, Double-sided)
 - Shifting focus
 - Coming alongside
 - Providing an agreement with a twist
 - Using reframing
 - Emphasising personal control
7. Commitment towards Change and Change Planning
8. Further practice and growth of MI skills applicable to work with children, young people, their families and carers:
 - ‘Yes, but...’
 - Reflections fall flat
 - Individual on the defensive in response to questions
 - Nothing seems to change
 - One-minute MI check-up
9. Learn to learn
10. References, further reading and other resources on MI as an evidence base in working with complexity and facilitating change

Learning outcomes

By the end of the course participants will be able to:

- Learn and experience the fundamental spirit of Motivational Interviewing;
- Learn and strengthen empathic counselling skills essential to practising MI;
- Understand the guiding aspects of Motivational Interviewing;
- Directly experience the MI approach in a protective environment;
- Gain an awareness of the extensive literature supporting MI as an evidence base in working with complexity and facilitating change.

Delivery options

1. Face-to-face:

- Motivational Interviewing training – 2 days
- Motivational Interviewing refresher training – 1 day

2. Online:

- Motivational Interviewing training – 3 x 3.5 hrs interactive online sessions
- Motivational Interviewing refresher training – 2 x 3.5 hrs interactive online sessions

Trainer

This training will be delivered by Zoryna O'Donnell, MBA, MSc, FirstLM, GQHP – an experienced trainer and a coach. Zoryna was trained in Motivational Interviewing (MI) by The Association for Psychological Therapies (ATP) and is using this method in her work with adults and young people on a regular basis.

Contact us for further information and quotation:

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L&M Plus Consulting Ltd.