

# An Introduction to Motivational Interviewing in Health Psychology

Online Training and Face-to-face at various UK Locations

## Who is this CPD Event for?

*Qualified and Trainee Practitioner Health Psychologists (PHPs) who are interested in developing their individual client therapeutic practice, indirect HP practice e.g. public health, training, leadership-managerial processes & ethical-clinical reasoning skills are welcome to attend. Health Psychologists (and trainees) who currently work with clients or who want to move into therapeutic practice, those who are managing/commissioning services/ psychologists/healthcare staff, or who deliver independent practice without daily support, will particularly benefit from this CPD activity.*

**Aim:** For attendees to gain a comprehensive understanding of utilising basic Motivational Interviewing in physical healthcare practice\*. PHPs to be able to draw on the training to explore scenarios, case studies and issues that are relevant to application of Motivational Interviewing within the context of a Health Psychology Assessment, Formulation and Intervention and to allow them reflect, challenge and develop their practitioner judgment skills in support of their safe, legal and effective practice.

## Objectives:

- To describe the Motivational Interviewing Model and its application to health conditions.
- To describe the basic MI ethos, skills & strategies.
- To understand the evidence base of MI and its place within treatment programmes.
- To have the opportunity to apply manualised approaches to delivering MI.
- To be aware of ethical, medical and healthcare factors that impact on delivering MI.
- To identify key changes in clinical practice to be implemented within their current role.

## Course Outline:

### 1. Motivational interviewing foundations:

- Evidence base of MI: long term conditions, mental health, addictions, preventative health
- Philosophy of MI: ethos, style and communication approaches
- Basic skills & techniques: develop discrepancy, roll with resistance, change talk, build self-efficacy
- Staged interventions: assessing readiness to change, engaging with ambivalence, action plans

### 2. Ethical, medical and healthcare factors impacting on therapeutic practice:

- Ethical issues in practice e.g. Consent, collaboration, confidentiality, multi-disciplinary team working
- CPD requirements & HCPC/ BPS standards of practice and reflective/ critical practice.

### 3. Developing clinical judgement skills:

- Assessment of case studies and discussion of live practice issues
- Interventions and effective action planning

### 4. Action Planning for Your Future Development

*\* Course comprises of case study discussions and debates, role plays, tasks & active participation. Online training is self-directed. The trainee is responsible for setting up role play opportunities. Certificate of attendance is provided.*