



SCCH Consulting Training Events



Motivational Interviewing:

Introduction for Health Psychologists

Venue: British Psychological Society, London Office

Attendees: Suitable for qualified Health Psychologists, and those in training wishing to develop basic Motivational Interviewing (MI) knowledge and skills to enhance intervention delivery.

Aim: For attendees to gain a comprehensive understanding of utilising basic MI in physical healthcare practice*.

Objectives for attendees:

- To describe the basic MI Model and its application to managing physical health conditions.
- To describe the basic MI skills and techniques and their relevance to working with individuals with physical health conditions.
- To understand the evidence base of MI and its place within treatment programmes.
- To understand 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: Motivational interviewing foundations

- Evidence base of MI: long term conditions, mental health, preventative health
- Philosophy and ethos of MI
- Basic skills and techniques: Listening skills, rolling with resistance, change talk, building self-efficacy
- Staged interventions: assessing readiness to change, engaging with ambivalence, action plans
- Manualised Approaches e.g. alcoholism, drug use, physical health

** Course comprises taught material, practical case studies, role plays and active discussions.
Our training days are skills focused and highly interactive allowing for real time feedback and learning.
Certificate of attendance is provided with course hand outs.*