

Learning Outcomes for Motivational Interviewing Training



The below information is what can reasonably be attained through different workshops and training courses in Motivational Interviewing (MI). These have been developed from the guidance of the MINT members but please bear in mind we can adapt all our courses to meet your service needs. It is important to remember that a workshop alone is seldom sufficient to help people in learning practical skills in MI and for the best results and outcomes staff should be provided with regular MI coaching, feedback, and supervision.

Motivational Interviewing Workshop - 1 hour - ½ Day (outcomes depend on length of workshop)

- To have a basic knowledge of the fundamental principles in MI
- To have a basic understanding the key skills required to conduct an MI session
- To have a brief practice of an aspect of basic MI skills/To see a short MI session in practice
- To decide on level of interest in learning more

Introduction to MI - 1 day:

- To experience the basics of MI
- To be familiar with the fundamental spirit of MI
- To understand the principles of MI
- To have a brief practice at using the foundational skills (OARS)
- To directly experience the MI approach and contrast it with other styles/approaches
- To decide level of interest in learning more

Introduction to MI - 2 Day ** Our Most Popular Course**

- To learn the basic clinical style of MI
- To understand the fundamental spirit of MI
- To learn the 4 processes of MI
- To understand and practice how to listen and respond effectively to 'change talk'
- To explore resistance in clients and MI responses to to effectively work with their discord
- To practice MI and provide feedback to peers on their MI abilities

Advancing MI Training - (various combinations from 2 days to 6 days and more)

- To develop further basic MI skills to help embed them more into practice
- To consider further at the importance and value of integrating the 'MI spirit' in practice
- To explore discord in further detail and practice managing resistance (discord) in an MI consistent way
- To observe and be able to identify advanced MI skills
- To update knowledge and recent research of MI
- To receive individual feedback regarding MI practice and Certificate
- * Only available on the 6 day training * To receive coded feedback based on the Motivational Interviewing Treatment Integrity Code 4.2.2 (internationally recognised).

Supervisor Training - 2 Days & Coaching pack

- To be prepared to guide an ongoing group in learning MI
- To understand the sequence of skills for acquiring MI proficiency
- To practice and learn basic MITI coding techniques for reviewing MI practice
- To be prepared to certify MI practitioners and maintain quality control
- To know where and how to access further MI support & to set up a peer supervision group in MI

NB: Our training courses use expert MINT Trainers & charges vary depending on which course is booked. Mostly, our courses are for up to 16 participants (negotiable) and include a 35 page booklet on MI, handouts, discount for further course bookings & certificate of attendance.

For more information, to discuss your requirements or to book one of our courses please contact a member of our team at the office on 0203 0053247 or email info@ncbc-uk.com www.ncbc-uk.com