

## **What is motivational interviewing (MI) ?**

Motivational interviewing is a client-centered interviewing style that aims to strengthen people's commitment to change behaviours they identify as problematic, by exploring and resolving ambivalence. It has been demonstrated as particularly useful amongst groups who find it difficult to make changes in their behaviour. Originally developed in the field of alcohol and drug misuse, it has been successfully applied in helping people with a range of troubling behaviours. The MMIN aims to provide low cost MI training with the aim of developing competence in MI and in implementing its practice sustainably.

## **What does our MI training course comprise?**

### **Session 1 (Full day) – Building Core Skills: Wednesday 8<sup>th</sup> January 2020 (9.30 – 4.30pm)**

This first day will initially focus on developing your core skills of MI . It will also provide an overview of the core elements and the spirit of MI.

### **Session 2 (Half day) – Building Motivation for Change 1: Wednesday 22<sup>nd</sup> January (1.00 -4.30pm)**

This session will respond to your feedback and experiences of using MI skills in your practice, since our last session. It aims to support people to use their core skills in a strategic manner to help people weigh up ambivalence, develop discrepancy and build momentum for change. Participants will gain direct experience of being on the receiving end of MI.

### **Session 3 – (Half day) – Building Motivation for Change 2: Wednesday 5<sup>th</sup> February (1.00 -4.30pm)**

This session examines the application of core skills in a strategic manner to build motivation for change. For example on understanding the role of values and information exchange in developing discrepancy. Also in responding to discord or 'resistance' and practising strategies to facilitate change. By the end of the session you will have:

- Practised using reflective listening to develop discrepancy between people's values and their current behaviour
- Considered exchanging information to develop discrepancy
- Learnt three strategies for responding to resistance

**Certification:** People will be given a certificate of completing introductory training to MI at this point, however this does not confirm their competence in the practice of MI.

## **Sessions 4 – 6 - Follow up Supervision Feedback and Coaching workshops**

These are provided as part of the network's practice sustainability focus with aim of developing practice up to a recognised level of competence in MI. This will comprise of **3 x 1.5 hours feedback and coaching** sessions for people wanting to develop their proficiency and competence in MI.

**Session 4: Wednesday 4<sup>th</sup> March - 2.30 - 4.00pm**

**Session 5: Wednesday 18<sup>th</sup> March - 2.30 - 4.00pm**

**Session 6: Wednesday 1<sup>st</sup> April – 2.30 – 4.00pm**

**The total cost for this training package (including all six sessions) - £185 per person.**

### **Fidelity ratings of recorded practice**

Some people will choose to have their practice rated on the recognised Motivational Interviewing Treatment Integrity scale, the **MITI 4**, (Moyers et al; 2015). Formal written feedback will be given by a trained fidelity rater, at an **additional cost** of £50 per recording.

### **What methods will be used during the training?**

- Video and audio presentation of practice material, handouts and relevant reading materials with reference to current evidence-base.
- Carefully planned role-plays and small group exercises to aid skill development with personalised feedback.
- The days have been organised with sufficient time in-between each session to give you time to practise newly learned skills making for a more effective workshop.

### **What experience would I need to come on the course?**

The course has been designed such that people with a range of experience will benefit from all these sessions. For more information on motivational interviewing go to: [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org) and [www.mmin.co.uk](http://www.mmin.co.uk)

### **Who is the trainer and what experience do they have?**

**Paul Earnshaw** is a Senior Psychological Therapist and the Network training lead. He has 15 years experience of delivering MI training and in working across a range of settings (e.g. young people services, community mental health, substance misuse services, prison, inpatient services, and physical health settings). He is a member of the international Motivational Interviewing Network of Trainers (MINT). You can see his MINT training profile at <https://motivationalinterviewing.org/profile/paulearnshaw>

**All sessions will be held in the Ellen Wilkinson Building, University of Manchester, Oxford Road, Manchester, M13 9PL**

Wednesday 8 <sup>th</sup> January	CG.49	9.30am – 4.30pm
Wednesday 22 <sup>nd</sup> January	CG.49	1.00 - 4.30pm
Wednesday 5 <sup>th</sup> February	CG.49	1.00 - 4.30pm
Wednesday 4 <sup>th</sup> March	CG.49	2.30 - 4.00pm
Wednesday 18 <sup>th</sup> March	C3.19	2.30 - 4.00pm
Wednesday 1 <sup>st</sup> April	CG.49	2.30 - 4.00pm

To book a place, or for further details, please contact Paul at [pgearnshaw@gmail.com](mailto:pgearnshaw@gmail.com). Please note that places are limited and the training is likely to be oversubscribed.