

## Motivational Interviewing (MI)



Motivational Interviewing is a directive, person-centred counselling style designed to explore and resolve ambivalence to change. This is not a technique of direct persuasion as persuasion is seen as an external force that does not lead to permanent changes in peoples' behaviour. This 6 hour course helps people to clarify their understanding & develop a model of MI that suits their specific context. The all-day course also allows time to practice their active listening & empathy skills.

### 10 things you will gain from attending this course:-

- Define the concept on Motivational Interviewing (MI)
- Understand what makes MI relationships work well
- Differentiate MI from other forms of helping
- Discuss the pros and cons of offering advice and guidance
- Practice using the Laddering Technique to elicit personal values
- Improve your empathy skills
- Demonstrate common methods of problem solving
- Learn how to effectively deal with resistance to change
- Learn how to say "well done" in a 100 different ways
- Tune-up your listening skills