



SCCH Health Psychology Consulting

Motivational Interviewing:

January 30th 2012: British Psychological Society, London Office

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

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

Objectives for attendees:

- To describe the basic Motivational Interviewing 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 manualised approaches to 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
- Philosophy of MI
- Basic skills and techniques: Listening skills, rolling with resistance, change talk
- Interventions and effective action planning
- Manualised Approaches e.g. alcoholism, drug use, physical health

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

- Ethical issues in practice e.g. Consent, 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

4. Action Planning for Your Future Development:

** Course comprises of taught material, practical case studies and active discussion.
Certificate of attendance is provided with course hand outs.*