

Motivational Interviewing

Motivational Interviewing is a well developed and researched approach in working with young people, adults and families who don't need to feel they need help or have a problem.

This is an interactive course that aims to increase the knowledge and confidence in staff in the motivational interviewing approach of being client centered, and facilitating change.

Course outline:

- What is Motivational Interviewing and why is it useful?
- Four key principles
- Skills and techniques
- Recognising change talk
- Stages of change



All delegates receive a complimentary training pack and USB memory stick with training materials.

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