

# Introduction to 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.

**Date:** Tuesday 25 February 2020

**Time:** 9.30am - 12.30pm

**Venue:** Wessex House, Eastleigh,  
SO50 9FD

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**Cost: £79**

Includes a complimentary lunch, training pack and USB stick with training materials and extra resources  
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Parking nearby and just minutes from Eastleigh train station.

 **STACEY MILLER**  
CONSULTANCY  
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