

Motivational Interviewing Training

Motivational interviewing is an evidence based approach in working with anyone on a behaviour change.

Examples include but are not limited to substance misuse, mental health, diet, exercise, offending and academic attainment.

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



Course Outline

- What is motivational interviewing and why is it useful
- Four key principles
- Skills and techniques

Date

 **Friday 26 March**

 **10am-1pm**

via Zoom

Cost: £79

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Positivity and Prevention