

## **Motivational Interviewing (introductory) 2-day workshop**

Dr. Jeff Breckon: Motivational Interviewing Network of Trainers

Health behaviour change is being embedded across the NHS at all levels. Indeed NICE have recommended introducing health behaviour change principles and training that will support individuals in making lifestyle adaptations. This includes context-specific client support that considers their environment, opportunities, barriers and motives for change. Motivational Interviewing (MI; Miller & Rollnick, 2007) is an evidence-based intervention which meets the NICE guidelines and criterion. It is a directive, client-centred psychotherapeutic counselling approach delivered extensively in varied healthcare settings across the world.

The workshop will use topics within health behaviour change as a vehicle to underpin the practical skills development of MI. The role- and real-play sessions will therefore integrate aspects such as obesity management, rehabilitation, diet, smoking and alcohol and will explore these aspects with the group. These are not however exclusive and the group are encouraged to integrate other client behaviours into the training.

### **INTRODUCTORY WORKSHOP aims;**

1. To introduce skills in exploring a clients ambivalence and readiness for change
2. To identify effective methods of communication and counselling techniques for initial and follow-up consultation sessions.
3. To critically assess skills within the counsellor that will aid the client to move through the stages of behaviour change.

### **Programme**

#### **DAY 1**

- Motivational Interviewing and Brief Negotiation: an overview
- What's this thing called behaviour change?
- Relational aspects of MI
- Technical aspects of MI: OARS (Open questions, Affirming, Reflecting, Summarising)
- Opening strategies for consultations
- Exploring ambivalence

#### **DAY 2**

- Dealing with roadblocks: Responding to resistance (reflective responses)
- Eliciting and strengthening change talk
- Using key skills in communication (reflective listening - simple and complex reflections)
- Recognising readiness
- Negotiating change plans



The 2-day training can be expanded to 6 days (Introduction to MI, stage 1, 2 and 3) and clinical supervision is also available.

All key skills will use a combination of practice, video and group interaction as a fundamental learning method although the choice of whether or not to practice the techniques is down to the participants.

**Facilitator biography:**

Jeff is a BPS Chartered psychologist and delivers training in Motivational Interviewing to a variety of organisations including PCT and local authority sectors and is a member of MINT (Motivational Interviewing Network of Trainers), BPS (British Psychological Association) and BASES (British Association of Sport and Exercise Sciences). Most recent organisations that have received MI training include East London Integrated Care (ELIC; Hackney), Barnsley Condition Management Programme (CMP), Durham PCT, Manchester CMP, Greenwich PCT, BASES, Bedfordshire Physical Activity Team and Rotherham PCT. His current research interests include the exploration of attitudes and motives to physical activity and exercise and the role of exercise counselling in achieving behaviour change initiation and maintenance. Other research and consultancy interests include practitioner competency in exercise and behaviour change counselling. Jeff has been a visiting lecturer at Durham, Nottingham and Loughborough Universities and St. Mary's University College (Twickenham). He is a reviewer for *Physiotherapy*, *British Journal of Sports Medicine*, *Journal of Physical Activity and Health* and *Journal of Sport and Exercise Psychology*.

**N.B.** Those attending the workshop will receive a certificate of attendance and all workshops are evaluated.

**Further information**

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