

Comprehensive Drugs, Alcohol, Sexual Health and Personal Development Education Programmes

Individually Tailored
Active Learning Methods
Mapped to DANOS



This programme is one of many that we have successfully developed, delivered and updated. To see our full list of courses visit our website

We tailor all of our programmes to match your exact learning needs, individual learning styles and allotted time using active learning methods

If you need a half-day or two-day training event speak to us and we will alter the timetable, the learning objectives and the programme to meet your needs

Healthwise Training Services



To discuss commissioning this programme or any of your training needs, please contact us:

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Healthwise Training Services

MOTIVATIONAL
INTERVIEWING

A ONE DAY
TRAINING COURSE



Skills for Motivating Change

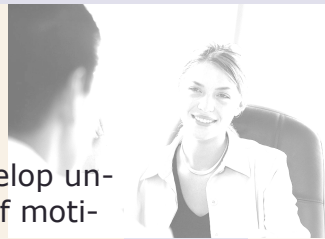
The aims of this course are:

To increase knowledge and to develop understanding of the key principles of motivational interviewing and to raise awareness of motivational interviewing approaches used with drug and alcohol users to offer support and guidance, encouraging decision making about behaviour change

Learning Objectives

On completion of the programme participants will be able to identify and understand:

- **the recognised principles of motivational interviewing including the essential components of the model**
- **the stages of change using the Prochaska and Diclemente Model**
- **the impact of barriers that can inhibit or prevent behaviour change**
- **the skills and knowledge needed to apply effective techniques of motivational interviewing**
- **the advantages and disadvantages of the strategies associated with behaviour change**



What our clients say:

“The training delivered by Healthwise was succinct, measurable and realistic. They understood what we wanted to achieve and offered a bespoke solution that met our needs fully”

Justine Burns, Tranmere Alliance

What our participants say

- **“What I enjoyed most about the day was the relaxed and informal atmosphere which made learning easier” *CLM, Liverpool***
- **“I can’t wait to try this out when I get back to work, very enthusiastically delivered, and presented as well” *CF, Preston***
- **“This was a great learning experience, lots of interaction and no role play - great!” *PLL, Liverpool***
- **“This is a surprisingly simple and effective technique, looking forward to putting it into practice” *BK, Stockport***

Did you know?

- **Motivational Interviewing builds trust and rapport with clients.**
- **Motivational Interviewing uses counseling techniques but is a solution-focused brief therapy meaning that it can be safely used by non-counselling staff.**
- **Motivational Interviewing builds on the clients own motivations for change and is a non-confrontational, non-judgmental tool to motivate change even with the most resistant of clients.**