



# Forth Valley ADPs

## Introduction to Motivational Interviewing

### Overview

Motivational Interviewing (MI) is a collaborative and empowering method which can effectively influence change through the use of person centred counselling skills and directive strategies. MI can be used with brief encounters and is shown to be more effective than traditional advice giving.

### Aim

This workshop is appropriate for practitioners who are in the role of conducting one-to-one therapeutic discussions with people using drugs and alcohol with the focus on making and sustaining healthy behaviour changes. This introductory course will begin to develop knowledge and skills in motivational interviewing and seeks to support practitioners to work towards improving service user outcomes through training in how to apply this method.

### Learning Outcomes

By the end of the course, participants will be able to:

- Define the nature of ambivalence about change.
- Apply the spirit of motivational interviewing, integrated with the OARS counselling skills to engage a person in personal conversation
- Analyse how motivational interviewing can influence change by intentionally evoking and strengthening natural language (change talk).
- Identify how motivational interviewing may be used within own practice setting.

**Dates: 4 & 5 November 2019** - Training will run from 9.30am - 4.30pm.

**Venue:** Mayfield Centre, Sunnybank Road, Stirling, FK7 0DB.

## Booking Information:

To book a place please follow this link: [\*\*INTRODUCTION TO MOTIVATIONAL INTERVIEWING\*\*](#)

Please contact SDF Administration Team on: 0141 221 1175

or email: [enquiries@sdf.org.uk](mailto:enquiries@sdf.org.uk) if you have any general queries about these events.

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