

# Foundation Course in Motivational Interviewing

## Description

Motivational Interviewing (MI) is an evidence-based counselling method that works on facilitating and engaging intrinsic motivation within the client in order to change behavior. In the past decades, the application of MI has continued to grow at a fast pace, crossing different boundaries and generating intense interest in various fields. Practitioners and researchers have extended MI well beyond its application in alcohol and drug-use disorders to areas as diverse as health care, preventive care, criminal justice, and education. It is common and applicable in all settings which require overcoming the challenge of behavior change.

This two-day workshop aims to equip participants with the core MI skills in engaging conversations about change across a range of health-related issues. The course will introduce participants to the theory, spirit and principles in using MI to help people make positive changes, and provide opportunities for practice and application of the skills.

## Duration

2 days

## Programme Content

This programme comprises the following modules:

1. Session 1: The Big Picture;
2. Session 2: What Is MI;
3. Session 3: Core Skills;
4. Session 4: Evoking;
5. Session 5: Change Talk, Sustain Talk and Discard;
6. Session 6: In Practice;
7. Session 7: Planning, Advising, and Exchanging Information;
8. Session 8: The Home Run.

## Target Audience

Healthcare Professionals, including Medical, Nursing, Pharmacy & Allied Health

## Learning Outcomes

At the end of the programme, participants will be able to:

1. Understand the four processes of MI;
2. Identify the language and responding to change talk;
3. Apply the principles of MI and engaging conversation through practice session.

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## Methodology

This programme is designed to be an interactive learning experience for participants. Methodologies used will include:

1. Facilitated small group learning
2. Interactive exercises, e.g. discussions in small and large groups
3. Case scenarios
4. Role Play
5. Problem-based learning

## Training Capacity

25 participants per run

## About the Organiser

Officially established on 19 July 2002, the National Healthcare Group (NHG) College plays an instrumental role in facilitating the continuous learning and development of our workforce, as well as, promoting systems improvement and driving leadership development in NHG. NHG College collaborates with renowned institutions and industry partners to build the pipeline and collective capacities of our leaders, educators, healthcare professionals and staff to support NHG in serving and managing the health of our patients and the population.