



# Outer Hebrides ADP

## Introduction to Motivational Interviewing

### *Overview*

This 4 day course focuses on Motivational Interviewing and its application in supporting behaviour change within a substance use context. It is designed to begin or refresh participant knowledge and skills in Motivational Interviewing practice.

### *Aim*

To begin learning the application of Motivational Interviewing spirit, skills and strategies to help people who use drugs and/or alcohol find and build their own motivation for change.

### *Learning Outcomes*

By the end of the e-learning module and trainer sessions, you will be able to:

- define the nature of ambivalence about change.
- discuss how motivational interviewing can influence change by intentionally evoking and strengthening natural language (change talk).
- practise the spirit of motivational interviewing, integrated with the OARS counselling skills to evoke and strengthen intrinsic motivation for change.
- consider the application of motivational interviewing practice within own practice setting.

### *Pre-course e-learning module*

Participants are required to undertake the SDF e-learning module [Motivational Interviewing in Brief Conversations](#) prior to attending the training.

**Dates:** 8th; 15th; 22nd & 29th June 2023    **Time:** 9.15am to 1.30pm

## **Booking Information:**

To book a place please follow this link: [Introduction to Motivational Interviewing](#).

You may have to Create an Account if you don't already have one.

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