



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 if you have any general queries about these events.