

# Motivational Interviewing

## Online – Live Zoom Interactive Study day

9:00am to 9:25am access meeting then locked and started at 9:30am to 4pm

### Is Motivational Interviewing for me?

This interactive, lighthearted online, live study day is suitable for any and all members of the team. Registered delegates will receive their personal set of CRAFT cards, which are used during and then following the event, plus a responsibility reminder training aid! Delegates will interact, participate and influence the content of the day which will use bespoke situations to demonstrate the MI skills and they will not be asked to role play or listen to us reading through endless power point slides. We all went into our roles to make a difference; we feel that we can make things 'right' for service users and their families and we spend much of our time trying to do so.

If you spend your life explaining what your service users should, could, must or need to do then this is the course for you. Motivational interviewing is a style of communication that uses a guiding/reflective style to engage with people, clarify their strengths and aspirations, and utilise their own motivations for change, and promote independence of decision making.

If this is sounding a little flowery, in a nutshell, MI saves your breath, your time and you are more effective when it comes to people making decisions about themselves. The feedback we regularly receive is that MI also helps to avoid burn out.

### What happens on the day?

We will use memorable explanations, demonstrations, interaction in pairs and most importantly relax and have fun. The extensive wardrobe and scenery available at our large training studio allows the tutors to create characters and situations to demonstrate the topics which are pertinent to our delegates. Face to face, and telephone consultation techniques will be included.

**Though not listed below we will include many small breaks throughout the day to avoid screen fatigue**

9:00	Registration and Online access audio and visual confirmed
9:30	Introductions – and online etiquette
9:30	MI – What is it – why does it work – How the brain receives stuff! - Principles and Background in a nutshell
10:00	The spirit & principles of MI
10:45	Offering Advice – how to do this without pi**ing people off!
11:15	Official Break
11:30	When Ambivalence meets the Righting Reflex
12:00	Change Talk– What is it? How can I find it? Why does it matter?
12:45	LUNCH
13:30	MI – Open questions, affirmations, reflections and summaries set in context and practiced
15:00	Tea Break
15:15	Putting it all together – demonstration designed by the delegates
15:45	Questions and Evaluation
16:00	Close

### Who is eligible to attend?

- **General practice staff working across Shropshire, Telford and Wrekin, including Social Prescribing Link workers**
- **Voluntary Care sector and social care colleagues, working across Shropshire, Telford and Wrekin.**

### How do I register?

**Please email [stw.traininghub@nhs.net](mailto:stw.traininghub@nhs.net) with your full name, role, employing practice/organisation name, email and postal address for course materials to be sent out to, and state which session you would like to attend. Please also ensure that the subject of your email states 'Motivational Interviewing Training'.**

**Places will be allocated on a first come, first serve basis.**

### What's the result?

This is an introduction to the principles, spirit and skills of motivational interviewing.

Gain an overview of an effective alternative to trying to be persuade people to change their behaviour.

Gain an appreciation of how people can use their own motivations and find their solutions for behaviour change.

Tune our listening from "to be understood." into "listening to understand".

Discover how questions, reflections, affirmations and summaries can be used to facilitate a more effective conversation about behaviour