



‘Motivational Interviewing; The Theory into Practice

Two-Day Practice Support Workshop Brief

2020

WrightLink Ltd.

PERFORMANCE SUPPORT,
TRAINING & RESEARCH

*Children’s Services, Youth Justice,
Criminal Justice, Community Safety*

1.0 What is Motivational Interviewing?

“A collaborative, client centred directive counselling method for addressing the common problem of ambivalence about behaviour change”

Developed by clinical psychologists Professor William R Miller, Ph.D. and Professor Stephen Rollnick, Ph. D

The focus of this package is to provide a specialist two-day coaching support package to practitioners surrounding the theory and *practical application* of Motivational Interviewing (MI) skills with young people and adults within the youth justice system, therapeutic services and clients who are unsure of how to (or resistant to) change behaviour.

Motivational Interviewing (MI) is a client-centred counselling style that aims to support people to change problematic behaviours by examining and resolving their ambivalence toward change. This two-day *‘practice focused’* course will introduce participants to the underlying theory and working frameworks of change and resistance to change that characterises the MI approach.

In addition, the support package will identify MI specific skills and techniques including how to respond positively to resistance and encourage motivation and how to assess just how ready a person is to change their behaviour so that the practitioner remains accurately attuned to the client's actual and immediate needs.

Participants will have the opportunity to engage with the presentation of theory, examples of theory translated into practice, colour case study material, multi-media methods (e.g. DVD skills demonstration), and the practicing of core MI skills in both small and large groups consistently throughout both days of the support provided. The support package is therefore designed to give participants a safe and supportive environment in which to practice MI skills, to ensure theoretical understanding is meaningfully translated into direct front-line practice.

2.0 Coaching Support Objectives

- What is Motivational Interviewing (MI) and how does it differ from other approaches to encouraging change
- What is meant by 'change resistant' behaviour
- The nature of change and why it is so difficult to achieve
- The importance of the quality of client-worker interaction in MI work
- The 'Cycle of Change' and its application for workers
- Skills and techniques used in the MI approach especially within justice services
- Multi-media/live skills demonstration; delegate skills practice sessions

3.0 Learning Outcomes

- To define MI and understand its application (e.g. O.A.R.S; DARN-CATS; TED; ALOSS)
- To identify key concepts, aims and principles of the approach
- To identify the core skills in the MI approach
- To understand the 'Cycle of Change' and how it applies to motivational work with clients
- To reflect on and practice a range of motivational strategies and techniques
- To consider issues and challenges for MI within youth offending services, youth and adult family inclusion and support services



WrightLink Ltd.

PO Box 4816

Worthing

BN11 9RF

 0754 868 4298

Email: info@wrightlinkltd.co.uk

www.wrightlinkltd.co.uk