

# Motivational Interviewing

connexions

LEICESTER SHIRE

## Overview:

This course introduces participants to motivational theories and techniques. It introduces the stages associated with changes in behaviour using the Cycle of Change model and explores the role of ambivalence in changing behaviour. The course will examine the signs and the meaning of resistance when discussing change, and will provide practitioners with techniques to diminish resistance. It will consider the ethical considerations of applying this approach.

## Key areas:

- What is motivational interviewing?
- Principles of motivational interviewing
- The Cycle of change
- The ambivalence model
- Recognising resistance and how to diminish it
- Ethical considerations of using motivational interviewing



## Who will benefit:

Guidance practitioners who are looking for new techniques for motivating clients to change behaviours that are preventing them from moving on.

**Venue:** Loughborough Connexions  
Centre. 7 Fennel Street, Loughborough  
LE11

**Course fees:** £145.00 per person

**Duration:** 1½ days

**Date:** Tues and Wed 20th and 21st April 2010

**Times:** Day 1 9.30-4.30pm  
Day 2 9.30-1pm  
(Arrival 9.15am for coffee)

For enquiries or further details please contact  
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[www.connexions-leics.org/staffroom](http://www.connexions-leics.org/staffroom)