

Motivational Interviewing (In-Person) Training: Introduction **(<https://www.activelink.ie/node/109652>)**

When: 25 October 2024

Where: Trinity College Dublin

Time: 10am – 4pm

Lunch: Included

Cost: €125

Sign-Up: www.williampriestley.ie (<http://www.williampriestley.ie>)

What is Motivational Interviewing (M.I.)?

M.I. is a conversation about change. It is a way to help someone, who is caught between different options, to move forward through reflective listening and empathy. Clinically, M.I. is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change (Miller & Rollnick, 2013).

How might M.I. be helpful to me and my service/clients/colleagues?

M.I. is an evidence-based technique that has proven to be helpful with a wide range of individuals and issues ranging from customer service to mental health. It can be applied in collaboration with those who are looking to make a lifestyle change, such as pursuing a healthier diet, or more challenging issues such as addiction. Most importantly, it is a tool that can be used on an everyday basis to improve communication and empathy.

Learning Outcomes

1. Understanding of the principles that underpin Motivational Interviewing
2. Refinement of interpersonal communication through reflection & activity
3. Confidence in the employment of Motivational Interview 'OARS' skills
 - o Open-ended Questions
 - o Affirmations
 - o Reflections
 - o Summaries
4. Comprehension of ambivalence and discord in a professional setting
5. Identification of future learning pathways

Methodology:

Interactive/experiential-based including role play, intrapersonal and interpersonal activities, self-reflection and linguistic analysis.

Previous Partners:

Health Service Executive (HSE), The Wheel, ARUP engineering, Trinity College Dublin, Dorset College, Union of Students in Ireland, National Youth Council of Ireland, Institute of Guidance Counsellors, Finglas Youth Resource Centre, Ballymun Regional Youth Resource

Facilitator:

William Priestley is a member of the international 'Motivational Interviewing Network of Trainers' (MINT) and delivers training

to a wide range of groups. He has contributed to national social policy, presented before the OECD and delivered a vision of empowerment from the TED stage. He has been published in the *Irish Times* and appeared as a television panellist on a number of occasions. He has a Master of Education from the University of Notre Dame, Indiana.

Certification:

Participants will receive an eCertificate of Completion in “An Introduction to Motivational Interviewing”

Contact:

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Region

Dublin

[Sign-Up \(https://www.williampriestley.ie/\)](https://www.williampriestley.ie/)

Date Entered/Updated

18th Jul, 2024

Expiry Date

18th Sep, 2024

Attachment	Size
Introduction to MI.pdf	1.91 MB

Source URL: <https://www.activelink.ie/community-exchange/training/109652-motivational-interviewing-in-person-training-introduction>