

Motivational Interviewing (In-Person) Training: Intermediate **(<https://www.activelink.ie/node/109653>)**

When: 21&22 October 2024

Where: Trinity College Dublin

Time: 10am – 4pm

Lunch: Included

Cost: €250

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).

What does intermediate training involve?

There are two particular areas of focus: 'Complex Reflections' and 'Change Talk'. A person who talks about the benefits of change is more likely to make that change, whereas a person who argues and defends the status quo is more likely to continue his or her problematic behaviour (Miller & Rollnick, 2013). Effective use of 'Complex Reflections', in addition to a certain provider style, predicts decisions to change even during brief conversations. Clients may arrive with a certain range of readiness, but what the practitioner says beyond that makes a difference in how the person speaks, thinks, and ultimately chooses to act (Stinson & Clark, 2017). The goal of the two-day intermediate training is to build this ability and capacity in participants. The training is aimed at individuals who have completed an introductory course in M.I.

Learning Outcomes

1. Enhanced understanding and application of 'Complex Reflections'
2. Identification and active promotion of 'Change Talk'
3. An ability to share information and ideas using Motivational Interviewing
4. A sound knowledge of bias and strategies needed to avoid roadblocks to change
5. Identification of future learning pathways

Methodology:

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

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.

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Region

Dublin

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18th Sep, 2024

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