

## **Motivational Interviewing (In-Person) Training: Intermediate - Condensed (<https://www.activelink.ie/node/113194>)**

**When:** Thursday, 15 May 2025

**Where:** Trinity College Dublin

**Time:** 10am – 4pm

**Lunch:** Included

**Cost:** €150

**Sign-Up:** [www.williampriestley.ie/courses](http://www.williampriestley.ie/courses) (<https://www.williampriestley.ie/courses>)

### **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 condensed 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.

### **Certification:**

Participants will receive an eCertificate of Completion

### **Contact:**

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(<http://www.williampriestley.ie>)

**Region**

Dublin

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

**Date Entered/Updated**

16th Jan, 2025

**Expiry Date**

16th Mar, 2025

<b>Attachment</b>	<b>Size</b>
<a href="#">M.I. Intermediate.pdf</a>	1.64 MB

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