



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# Motivational Interviewing (Building Skills)

## 2 - 3 March 2022

### Introduction

After the Motivational Interviewing (MI) Foundational Skills training, practitioners often wonder “how do I advance these skills in everyday practice?” or “am I actually doing MI?”.

Participants will be taught deepening reflective listening skills by demonstrating empathy, interest and understanding of the client. They will also learn how to encourage client in making positive changes. This course is ideal for practitioners who have completed the MI Foundational Skills course and wish to build understanding and strengthen their skills in practicing MI.

### Course Objectives

**At the end of the course, participants will:**

- Identify areas for continued development
- Complete an accurate assessment of their own MI skills and ability
- Articulate reasons for self-efficacy in the treatment process
- Describe one area that is interpersonally tricky for them as a practitioner and practice a method for addressing this area
- Identify ideas from areas that have an influence in their work with clients
- Describe one new technique related to a deeper understanding of the four MI processes
- Identify strengths as a practitioner and area for growth in MI
- Produce a plan of action for practicing MI skills

### Course Outline

- Importance of MI Spirit
- Four Processes of MI
- Emphasis on Change Talk
- Working with Sustain Talk and Discord
- Search for the Mechanisms Of Action in MI
- How to increase proficiency in MI
- Motivational Interviewing Treatment Integrity code (MITI) 4.2.1

### Teaching Faculty

The trainer, Mikel Gellatly, has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2017, and has provided a variety of national and international MI training events in addition, corrections, medical and hospital settings, and for defence force psychologists in Singapore. Mikel’s practice experience has focused on the understanding and treatment of addiction behaviours, as well as designing and delivering residential alcohol and drug treatment services since 2010. Mikel is the clinical services manager for Lives Lived Well, Residential Services Central QLD.

### Course Details

Date	: 2 - 3 March 2022
Duration	: 2 half days
Time	: 9.00 am – 1.00 pm
Platform	: Zoom Cloud Meetings
Device	: Laptop/ Desktop required
Fee	: S\$ 300 (SingHealth) S\$ 330 (Regular) (inclusive of 7% GST)
	<i>With VCF Funding*:</i>
	S\$ 231 (Singaporean/PR)
	S\$ 280.50 (WP/EP/S Pass Holder)

\*For NCSS member agencies and MSF-funded agencies only. Should PGAHI’s reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant’s organisation.

### Target Audience

Participants who have previously completed the Motivational Interviewing (MI) Foundational Skills course are encouraged to attend the Motivational Interviewing (MI) Building Skills course.

### Registration

To register, scan the QR code or click on the web link. Registration closes on **2 February 2022, Wednesday**.



<https://form.gov.sg/615aa7580053b40012a436ee>

Upon registration, you agree to the following [Terms & Conditions](#)

*This course will be conducted via Zoom Cloud Meetings app. For ease of accessing the course, **please download the Zoom Cloud Meetings app.***

*Details of the meeting link will be sent to successful registrants nearer the course date.*

### Quick Links

- [FAQs](#)
- [PGAHI Programmes](#)
- [Training Calendar and Directory](#)