



Motivational Interviewing (Building Skills)

11 - 12 March 2024

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

Target Audience

Healthcare Professionals and participants who have previously completed the Motivational Interviewing (MI) Foundational Skills course are encouraged to attend the Motivational Interviewing (MI) Building Skills course.

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

Course Details

Date : **11 – 12 March 2024**
Duration : **2 half days**
Time : **9.00 am – 1.00 pm**
Class size : **30**
Device : **Laptop/ Desktop**
required
Platform : **MS Teams**
Fee : **S\$590 (SingHealth)**
S\$650 (Regular)
(the prevailing GST applies)

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 addiction, corrections, medical and hospital settings. 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 Manager of Capability and Development for Lives Lived Well, a large Mental Health and Addiction Treatment organisation with over 600 staff operating services across Queensland, New South Wales and South Australia.

Registration

To register (Internet access is required), scan the QR code or click on the web link.

Registration closes on **23 January 2024, Tuesday.**



<https://www.form.gov.sg/64d1a2cfc3ea9a0012742166>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

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