



# Motivational Interviewing (Foundational Skills)

## 12 - 15 August 2024

### Introduction

Motivational interviewing (MI) is a person-centred, goal-oriented approach to helping people achieve change through exploring and resolving ambivalence. Motivational interviewing was developed in the 1980's by Drs William Miller and Stephen Rollnick to help addiction treatment clinicians achieve better retention and engagement in changing problematic behaviours. Since then, MI has been disseminated across a broad spectrum of clinical, educational, corrections, and sporting settings, as well as in the area of organisational change. MI has fast become a cornerstone skill for anyone performing in a helping role, no matter the discipline or industry. This course will allow participants to be equipped with key MI concepts such as evoking motivation to change.

### Course Objectives

At the end of the course, participants will be able to:

- Understand the concept and framework of Motivational Interviewing
- Apply Motivational Interviewing strategies and techniques on clients to evoke change

### Course Outline

- Motivational Interviewing: 30 Years of asking questions about change
- The underlying assumptions, ideas and theories of MI
- What is MI and is not MI
- The Spirit of MI
- The Foundational Skills
- Interacting with Change & Sustain Talk
- Working with Discord
- Planning for Change
- Exploring cultural considerations for MI
- Live demonstrations, learning exercise and role play, questions and discussions

### 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, 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 manager for Capability and Development, Lives Lived Well.

### Course Details

|          |   |
|----------|---|
| Date     | : 12 – 15 August 2024   |
| Duration | : 4 half days   |
| Time     | : 9.00 am – 1.00 pm   |
| Device   | : Laptop/ Desktop required  |
| Platform | : Online Meeting App  |
| Fee      | : S\$ 790 (SingHealth)<br>S\$ 880 (Regular)<br>(the prevailing GST applies) |

### Target Audience

Healthcare Professionals

### Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **12 July 2024, Friday**.



<https://form.gov.sg/65eab440187d1368c71340ae>

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

*This course will be conducted via Online meeting app (e.g., Zoom, Microsoft Teams).*

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

### Quick Links

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