



Motivational Interviewing (Foundational Skills)

30 January to 2 February 2023

Introduction

Developed by William Miller, PhD and Stephen Rollnick, PhD, Motivational interviewing (MI) is an evidence-based, person-centred and goal oriented approach that strengthens personal motivation to change through exploring and resolving ambivalence. Over the past 30 years, there have been 1300 clinical trials involving MI. MI skills are accessible to healthcare professionals through proper training, coaching and objective assessment. This skills-based live interactive course is ideal for people who are new to MI and would like to develop the foundational skills in helping clients to make behavioural changes for improved well-being.

Course Objectives

Healthcare professionals will be acquainted with key MI topics namely, evoking motivation to change.

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

- understand the framework of MI
- apply MI 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

Dr Joel Porter is a Registered Clinical Psychologist living in Christchurch. He is a Member of the Motivational Interviewing Network of Trainers and a Certified MI trainer. He is a Senior Clinical Lecturer with the University of Otago's National Addiction Centre and an Adjunct Associate Professor with the Centre for Applied Psychology, University of Canberra. Joel is the Clinical Leader of Odyssey House Christchurch's Residential Addiction Treatment Programme. For the past 20 years, Joel has provided in person and online MI training in New Zealand, Australia, Singapore, China, Hong Kong, Europe, USA, Indonesia, Myanmar, Canada and the UK.

Course Details

Date	: 30 January to 2 February 2023
Duration	: 4 half days
Time	: 9.00 am – 1.00 pm
Device required	: Laptop/ Desktop
Platform	: Zoom Cloud Meetings
Fee	: S\$ 540 (SingHealth) S\$ 600 (Regular) (the prevailing GST applies)

Target Audience

Healthcare Professionals

Registration

To register, scan the QR code or click on the web link. Registration closes on **24 November 2022, Thursday**.



<https://www.form.gov.sg/62d6805c6916ee0013fbfea6>

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](#)