

# Motivational Interviewing (Foundational Skills) 29 – 30 October 2019

## Introduction

Motivational interviewing (MI) is an evidence-based person-centred and goal oriented approach that strengthens personal motivation and commitment to change through exploring and resolving ambivalence in an atmosphere of acceptance and compassion.

Developed by William Miller, PhD and Stephen Rollnick, PhD, to help people change addictive behaviours. Over the past 30 years, MI research and practice has extended into the areas of healthcare, mental health, corrections, education and public health. With over 300 clinical trials, MI is one of more researched behaviour change methods utilised today. MI skills are accessible to professionals through proper training, coaching and objective assessment

## Course Objectives

The aim of this interactive course is to introduce the theory and foundational skills of MI through didactic and experiential processes. Participants will become acquainted with the history of MI and underlying theories and key foundational skills.

The course is ideal for people keen to learn about MI and develop the foundational skills to develop their practice

## Target Audience

Healthcare Professionals

## 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

## Course Details

Date	: 29 – 30 Oct 2019
Duration	: 2 days
Time	: 9.00 am – 5.00 pm
Venue	: Academia, 20 College Road
Fee	: S\$660 per pax (SingHealth) (incl of 7% GST) S\$735 per pax (Regular)

## Teaching Faculty



**Dr Joel Porter** is the Director of JSP Training & Consulting based in Gold Coast, Australia. He is an Adjunct Associate Professor at University of Canberra. Joel is a registered Clinical Psychologist and board-certified Clinical Supervisor. His career has centred around understanding and treating addictive disorders.

For the past decade, Joel has been providing MI training in Australia, New Zealand, Southeast Asia, China, Europe and North America. Joel is a member of the Motivational Interviewing Network of Trainers (MINT) and held a seat on the organisation's Board of Directors.

## Registration

Ms Amelia Lim  
Email: amelia.lim.j.t@sgh.com.sg



## Quick links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)



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## Registration Slip

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Submit your registration form to Amelia Lim at [amelia.lim.j.t@sgh.com.sg](mailto:amelia.lim.j.t@sgh.com.sg) by **30 Sept 2019!**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the [Terms & Conditions](#) of PGAHI.

Quick links: [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

### PARTICIPANT'S PARTICULARS

Name (to be reflected on cert):

Contact no.:

Email:

Profession:

AHP (please indicate): \_\_\_\_\_  Doctor  Nurse  Others: \_\_\_\_\_

Department:

Organisation:

PRN/ MCR/ Nursing no. (if applicable):

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **30 Sept 2019**. There will be no refund of course fee for cancellation on or after **30 Sept 2019**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment**, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to Amelia Lim, **SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice to organisation**, please complete the below billing details:

### BILLING DETAILS

Bill to:

Billing address:

Attention invoice to (name & department):

Email of addressee:

Contact no. of addressee:

I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.