



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Motivational Interviewing (Building Skills)

24 February & 3 March 2021

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

Dr Joel Porter is the Director of JSP Training & Consulting based in Gold Coast, Australia. He is a Senior Psychologist with Aboriginal Torres Strait Island Health Service. Joel holds an Adjunct Associate Professor role with the University of Canberra. Joel is a registered Clinical Psychologist and Board-certified Clinical Supervisor. Joel is a longstanding member of the Motivational Interviewing Network of Trainers (MINT), a MINT Certified Trainer and held a seat on the organisation's Board of Directors for six years. His career has centred around understanding and treating addictive disorders.

Course Details

Date : **24 February & 3 March 2021 (Wednesday)**
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)

Target Audience

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

During role play sessions in pairs, participants will be asked to do audio recording using their mobile phone in break-out rooms. All participants are to keep said contents strictly anonymous and do not disclose any personal data.

Registration

To register, scan the QR code or click on the web link. Registration closes on **3 February 2021, Wednesday**.



<https://tinyurl.com/yyc7p76e>

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

Maximum number of participants: 30

*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](#)