



Motivational Interviewing (Foundational Skills)

13 to 16 September 2021

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 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 : **13 to 16 September 2021**

Duration : **4 half days**

Time : **9.00 am – 1.00 pm**

Device : **Laptop/ Desktop**
required

Platform : **Zoom Cloud Meetings**

Fee : **S\$ 500** (SingHealth)
S\$ 560 (Regular)
(inclusive of 7% GST)

With VCF Funding*:
S\$ 308 (Singaporean/PR)

*For NCSS member Agencies and MSF-funded Agencies only. Should PGAHI's reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.

Target Audience

Healthcare Professionals

Registration

To register, scan the QR code or click on the web link. Registration closes on **29 July 2021, Thursday**.



<https://form.gov.sg/608ba87718546e00123805cf>

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](#)

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[Training Calendar and Directory](#)