



Motivational Interviewing (Foundational Skills)

28 June to 1 July 2021

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.

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

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 clinical services manager for Lives Lived Well, Residential Services Central QLD.

Course Details

Date	: 28, 29, 30 June and 1 July 2021
Duration	: 4 half days
Time	: 9.00 am – 1.00 pm
Device required	: Laptop/ Desktop
Platform	: Zoom Cloud Meetings
Fee	: S\$ 500 (SingHealth) S\$ 560 (Regular) (inclusive of 7% GST)

Target Audience

Healthcare Professionals

Registration

To register, scan the QR code or click on the web link.
Registration closes on **20 May 2021, Thursday**.



<https://form.gov.sg/607e95c7b2603300117c8528>

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](#)

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