



# Motivational Interviewing (Foundational Skills)

## 8, 13, 20 and 27 January 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	: 8, 13, 20 and 27 January 2021
Duration	: 4 half days
Time	: 9.00 am – 1.00 pm
Device	: Laptop/ Desktop required
Platform	: Zoom Cloud Meetings
Fee	: S\$ 450 (SingHealth) S\$ 500 (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 **8 December 2020, Tuesday**.



<https://tinyurl.com/y4p9lmg7>

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](#)