

COUNSELLING & CLIENT WORK COURSES

MOTIVATIONAL INTERVIEWING

Course overview

This training program will improve participants' knowledge, skills and confidence in all aspects of Motivational Interviewing (MI) interventions, and the application of this approach to a range of client issues and worker roles.

Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

DURATION: 1 Day

FEE: Varies depending on venue, sector, numbers & service provided

IN-HOUSE TRAINING: By arrangement with your organisation

CUSTOMISED TRAINING: To meet the specific requirements of your service and sector

VENUE: Available Australia-wide including all remote & regional areas

Discounts for NGOs

Course content

- Gain a comprehensive understanding of the theory, principles, values, practice and application of MI.
- The nature of the MI 'helping relationship', and the counsellor qualities and role in facilitating change with clients who are ambivalent or resistant.
- Counselling issues and ethical considerations when applying MI in a variety of contexts.
- The evidence-base for this approach and recommendations on the application to clients who are experiencing low confidence, low motivation, resistance or blockages in relation to change.
- The MI assumptions about change, including: understanding why people change; the stages of change; working effectively with ambivalence about change; processes for facilitating change; and building confidence and motivation for change.
- Learn tools and strategies for working with resistance to change; early traps to avoid; responding to change talk; responding appropriately to resistance; 'rolling with resistance'; enhancing confidence to change; and strengthening commitment to change.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

Contact us for an obligation free quote!

PO Box 460 Surry Hills, NSW Australia 2010

Tel: +61 (0) 2 8399 0358

Email: info@allwoodassociates.com.au

www.allwoodassociates.com.au