

Changing health behaviour

Principles and practice of motivational interviewing

25, 26 September and 23, 24 October 2006



Health
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Principles and practice of motivational interviewing

This four day workshop has been designed to address the issues of health behaviour change. It aims to equip participants with a basic knowledge of the principles and practical skills of motivational interviewing.

The focus of this event will be on effective skills in handling the interchange between practitioner and client. It will address the important issue of how to have more constructive conversations that increase the likelihood of positive behaviour change.

Over the four days participants will:

- gain an understanding of motivation, ambivalence and readiness to change;
- understand the principles and spirit of directive, person-centred interviewing style;
- begin to develop motivational interviewing skills;
- be able to recognise appropriate situations in which these skills may be utilised;
- have the confidence to attempt using motivational interviewing.

Potential participants

This course will be beneficial to anyone involved in helping people change their behaviour, including GPs, practice nurses, health visitors, dietitians, physiotherapists, health promotion specialists and others who have a role in counselling and advice giving.

Dates of event

25, 26 September and 23, 24 October 2006.

Venue

Malone House, Belfast.

Facilitator

Kathy Goumas RMN, MSc - Motivational Interviewing Training Consultant
Kathy has trained many professionals, from a wide range of backgrounds, in motivational interviewing and health behaviour change counselling in Northern Ireland and further afield in the UK, Europe and South Africa. Her clinical background is in mental health nursing, substance misuse and health promotion.

Kathy is a member of the International Motivational Interviewing Network of Trainers (MINT) and sits on the International Steering Committee for Motivational Interviewing Trainers. She currently splits her time between working as a service improvement facilitator for the Department of Health, Social Services and Public Safety (DHSSPS) in Northern Ireland helping clinical teams to make client-centred improvements to their services and providing motivational interviewing training and supervision through her training consultancy.

Booking

Booking forms are also available to download or submit online at:
www.healthpromotionagency.org.uk

Closing date for applications

8 September 2006

Cost

£250



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