

Changing health behaviour: principles and practice of motivational interviewing

11,12 April 2005 and 9,10 May 2005



Health
Promotion
Agency

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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 helpful 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

11,12 April 2005 and 9,10 May 2005.

Venue

Rosspark Hotel, Kells, Co Antrim.

Facilitator

Kathy Goumas - Motivational Interviewing Training

Consultant

Kathy currently works as a Service Improvement Facilitator for the Department of Health, Social Services and Public Safety (DHSSPS) in Northern Ireland helping clinical teams to improve health and social services by adopting a client centred approach to healthcare improvement. Kathy's background is in the field of substance misuse, where she worked for 16 years in multidisciplinary teams in both residential and community settings. She was originally trained in mental health nursing and through her work in substance misuse, she developed a high level of skill in motivational interviewing and behaviour change counselling.

Kathy is a member of the International Motivational Interviewing Network of Trainers (MINT) and a member of the International Steering Committee for Motivational Interviewing Trainers. She was trained as a trainer by the originators of motivational interviewing, Professor William Miller and Professor Stephen Rollnick, and has provided training to a wide range of organisations interested in health behaviour change. Kathy has an MSc in Health Promotion and has many research interests, specifically related to interventions focusing on motivation and behaviour change.

Booking

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

Closing date for applications

24 March 2005.

Cost

£200



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Health Promotion Agency for Northern Ireland
18 Ormeau Avenue, Belfast BT2 8HS.
Tel: 028 9031 1611 (voice/minicom). Fax: 028 9031 1711.
www.healthpromotionagency.org.uk