



Motivational Interviewing (MI)

Introductory Level



Course content

This interactive one-day course will cover:

- Motivation, ambivalence and change
- What is MI and how does it work?
- The spirit of MI
- How MI works with (and complements) other concepts and therapies
- Communication and Interaction skills used throughout MI (**OARS**)
- Opportunities to practice skills and work with other participants

Expected Outcomes

At the conclusion of this one-day MI introductory course you will have:

- An understanding of the underlying theory of MI
- An understanding of how MI is strength-based, strategic, and honours client autonomy (improves retention and outcomes)
- Knowledge of basic MI processes and communication tools
- An awareness of how to use MI in your client work (and other settings)
- Practiced interventions with other participants using MI
- A grounding in MI that prepares for more intensive MI learning and approaches

Participants may be entitled to professional points or recognition for continuing education from some professional health bodies to which they may be affiliated (eg DAPAANZ).

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