



MOTIVATIONAL INTERVIEWING: INTERMEDIATE WORKSHOP

2-day Workshop

Monday 8th & Tuesday 9th July 2019

*Sophia Gardens Stadium, Cardiff, Wales
Trainer: Stephen Rollnick, PhD*

www.micardiff.co.uk

This workshop will be of interest to people in diverse settings & circumstances where conversations about change are an everyday reality. It will include a basic overview of motivational interviewing (MI) and then turn to intermediate level practice and discussion. If this is your first introduction to MI we would advise you to prepare, and can help you with this task. The workshop will include:

- Overview of MI and its foundations in good practice in organisations, services, teams and educational settings.
- Review of key topics like core skills, change language and the four processes in change conversations (engage, focus, evoke and plan).
- Opportunity to practice skills
- Exploring of hot topics including MI-consistent advice-giving, culture change in organisation, brief conversations about change and how our emotional state affects the progress and outcome of conversations.

A wide range of learning methods will be used to create an enjoyable atmosphere for learning and sharing ideas. These will include demonstration, video observation, brief content lectures, discussion and focused practice.

Stephen Rollnick, Ph.D. is a retired clinical psychologist, co-founder of MI and currently Honorary Distinguished Professor in the Cochrane Institute of Public Health & Primary Care, Cardiff University, Wales. He was a practicing mental health psychologist in the UK NHS for 16 years, and pioneered the application of MI in health care. Over the last 25 years he has trained practitioners in diverse settings and cultures. He and William Miller have collaborated closely over this period, and produced three editions of the basic text on MI. Along with close colleagues they developed the international MINT network for trainers. Steve's current work involves a book for schoolteachers, and one for sports coaches and consultation and training in sport healthcare.

Venue: Amber Energy Lounge, Sophia Gardens Stadium, Sophia Gardens, Cardiff, CF11 9XR. This is a spacious and modern facility, close to the city centre, with views over the county cricket ground and surrounding parkland.

Cost: £350. There are limited reduced rate places available for registered students and groups.

This price includes training fees, morning and afternoon refreshments, and buffet lunch on both days. This workshop is being run privately, and is not associated with the any organisation or institution.

Registration: Places will be booked on a first-come-first-served basis. Please complete an application form <http://www.micardiff.co.uk/registration.php> and ensure that payment is authorised as soon as possible.

Please direct any queries to: mistephenrollnick@gmail.com