

Motivational Interviewing in Mental Health Care 2-day Workshop **Thursday 12th March and Friday 13th March, 2020**

*Friends House, 173 – 177 Euston Road,
London, NW1 2BJ*

Trainer: Dr Rory Allott

Supported by: Prof. Stephen Rollnick, PhD

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Who might this workshop be for?

This workshop will be run by Dr Rory Allott, supported by two presentation-discussions from Prof. Stephen Rollnick. It will be of interest to anyone working with people experiencing mental health problems. You do not need any prior experience of MI, as the workshop can be used as an introduction or as a refresher, considering the considerable developments in MI over recent years. It will be of particular interest to anyone working in psychological well-being services, employment support services, Early Intervention and Community Mental Health Teams, where MI is a NICE recommended approach for a wide range of health damaging behaviours.

What does the workshop involve?

Day 1 – Developing Core Skills

Building on your own work place knowledge and expertise
Introducing the spirit and skills of MI
Reducing discord and resistance in consultations
Recognising talk about change
The importance of empathy
Asking questions that might build more hopeful conversations

Day 2 – Building Motivation for Change

Strategies for developing conversations about change: values and confidence
Sharing advice and information to build motivation without generating resistance
When to use MI in mental health consultations
Answering the question: does MI need to be adapted to support people experiencing mental health problems?

What methods will be used during the training?

- Audiovisual presentation of case materials
- Videos showing service users direct experience of MI
- Handouts and relevant reading materials.
- Carefully planned simulations and small group exercises to aid skill development with personalized feedback

Course Facilitators:

Dr Rory Allott is a Consultant Clinical Psychologist & Lead working part-time in an Early Intervention Team with young people experiencing psychosis and their families. He qualified from the University of Manchester in 2002. His first introduction to MI came in 1994 when he worked on a research project interviewing 500 untreated heavy drinkers with Prof. Jim Orford. Since then Rory has delivered MI in a wide range of settings including forensic, mental health and physical healthcare settings. He worked on the largest randomised controlled trial of MI for people experiencing psychosis and misusing substances (MIDAS; Barrowclough et al., 2010). He became a member of the Motivational Interviewing Network of Trainers (MINT) in 2004 and since then has delivered training throughout the UK and internationally and has several publications describing the integration of MI and CBT and its application to psychosis, dual diagnosis and bipolar disorder.

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, another for sports coaches and consultation and training in sport and healthcare.

Venue: Hilda Clark Suite, Friends House, 173-177 Euston Road, London, NW1 2BJ. Friends House is located in the heart of Euston, directly opposite Euston Station, and a stone throw away from King's Cross and St Pancras International Stations.



Cost: £350.00. There are limited reduced rate places available for registered students and groups. This price includes training fees, morning and afternoon refreshments, and lunch on both days.

Registration: Places will be booked on a first-come-first-served basis. Please complete an registration 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