



MOTIVATIONAL INTERVIEWING FOR SCHOOLS AND OTHER YOUTH SETTINGS

One day Workshop
Delivered by Professor Stephen Rollnick and Andy Williams
Monday 25th November 2019

Sophia Gardens Stadium, Cardiff, Wales
Trainer: Stephen Rollnick, PhD, Andy Williams NPQH

www.micardiff.co.uk

Would you like to improve your relationship with students, get the best out of them and even turn difficult conversations around in a more constructive direction?

Motivational Interviewing has transformed aspects of health care across the world and is now beginning to impact on relationships in schools and other youth settings. This workshop will focus on what motivational interviewing (MI) is, and how to practice it in primary and secondary schools along with other setting such as Pupil Referral Units and Youth Centres.

MI is guided by a clearly defined mind-set, linked most closely to that of a knowledgeable and caring guide. Its unique contribution is in the way this mind-set is channelled in conversations that are affirming, strengths focused and forward-looking. It supports young people in having their say and building their skills to plan and prepare for their learning and their future. Evidence points strongly to this leading to better outcomes.

This workshop will focus on the mind-set and skills for making a difference, not just to young people, but for the wellbeing of those working with young people on a daily basis.

It will include:

- An overview of MI and its foundations in good practice.
- Opportunity to practise skills and discuss everyday challenges.
- Opportunity hear stories from leaders and people working on the frontline.

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 School of Medicine, Cardiff University, Wales. He was a practicing mental health psychologist in the UK NHS for 16 years, and pioneered the use of MI in health care, education and sports settings. 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 has recently completed books for schoolteachers and sports coaches.

Support trainers: Leading practitioners in education will support Steve and Andy MI in running this workshop.

Venue: Amber Energy Lounge Swalec 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: £175. There are limited reduced rate places available for registered students and groups.

This price includes training fees, morning and afternoon refreshments, and a buffet lunch.

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