

Motivational Interviewing Study Day

Date:	Tuesday, 15 March 2022
Time:	0900-1600Hrs
Venue:	Virtually via Zoom
Course Fee:	FREE The Staffordshire Training Hub have secured regional funding to subsidise this course
Course Provider:	Jan Procter-King, Lead Tutor, Et Al Training
Open to:	All clinical and non-clinical colleagues, however priority will be given to those in an ARRS role
Pre-requisite:	Prior to registering for this course, all participants MUST complete the following four free Personalised Care Institute (PCI) accredited on-line modules (total 165 mins) at: PCI Online Modules <ul style="list-style-type: none"> • Core Skills • Shared Decision Making • Personalised Care and Support Planning • Personalised Care and Support Planning - Maternity
Number of Places:	50
Closing Date:	Tuesday, 22 February 2022

Course Overview:

Motivational interviewing is a style of communication that uses a guiding/reflective style to engage with people, clarify their strengths and aspirations, utilise their own motivations for change, and promote independence of decision making.

In a nutshell, motivational interviewing saves your breath, your time and you are more effective when it comes to people making decisions about themselves.

The course will enable participants to:

- Gain an appreciation of how people can use their own motivations and find their solutions for behaviour change.
- Observe how reflective listening can help when people's emotions are running high.
- Tune our listening from 'to be understood' into 'listening to understand'.
- Discover how questions, reflections, affirmations and summaries can be used to facilitate a more effective conversation about behaviour change.
- For further information please refer to the Programme of Events below or refer to the Et al Training website at: [Click Here](#)

To secure your place:

- Please e-mail the attached fully completed and approved Application Form to the Staffordshire Training Hub Team at arrs.traininghub@nhs.net by **Tuesday, 22 February 2022**.
- Your application will be rejected unless you have attached a copy of your learning log (or equivalent) to evidence completion of the four PCI modules.