

# Motivational Interviewing

Trainers: Alasdair Cant & Associates



## Pre-reading:

Introduction to MI \*to be sent via email once booking is confirmed

Held over a 2.5hr session (with a comfort break), via MS Teams (equivalent to a half day training session) – see below for start times

**Target audience:** Practitioners from all agencies working with children, young people and their families

**Aim:** To gain an overview of a motivational skills approach

## Objectives:

- To gain a practical understanding of Motivational Interviewing as a strengths-based approach
- To understand the cycle of behaviour change, and how it can help make conversations more productive
- To explore situations where there is resistance and ambivalence to change

Date	Availability
3 December 2020 2pm	Places available
7 December 2020 2pm	Places available
12 February 2021 9:30am	Places available
26 February 2021 9:30am	Places available

For bookings, please email : [hscpcourses@hertfordshire.gov.uk](mailto:hscpcourses@hertfordshire.gov.uk)  
quoting FF Partnership