



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 |
|---|------------------|
| Weds 21 st April 2021, 1:30pm to 4pm | Places Available |
| Thurs 20 th May 2021, 1:30pm to 4pm | Places Available |
| Weds 22 nd Sept 2021 9:30am to 12pm | Places Available |
| Mon 15 th Nov 2021 1:30pm to 4pm | Places Available |

For bookings, please email : hscpcourses@hertfordshire.gov.uk
quoting FF Partnership