

# MOTIVATIONAL INTERVIEWING

**Motivational Interviewing (MI) is a collaborative language of change. It strengthens your motivation towards a specific goal by eliciting and exploring your reasons for change – within an atmosphere of acceptance and compassion.**

Learn the key to rolling with resistance towards change, in a non-confrontational way.

## What this workshop covers:

- What is MI
- The traditional approach vs the MI approach
- The nature of motivation
- Expect ambivalence
- MI in action
- Dancing as opposed to wrestling
- Rolling with resistance
- The change cycle
- The principles and skills of MI
- Case histories

*“The course was informative and the content and activities were fun... I liked the interactive and practical component of the training.”*

## Where is it offered and what is the duration?

Tim is based in Dubbo but he is able to travel to deliver this workshop. The course runs for three hours.

## About the trainer

Tim Carr, Marathon Health Training and Engagement Officer, has 12 years of experience in the mental health and wellbeing industry, with qualifications in both direct care, and management in community and sub-acute mental health settings. Tim has experience with clients who have severe and enduring mental health concerns and associated behaviour.



## More information

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