

# 1 day **Advanced** **Motivational Interviewing**

*with* **Dr David Manchester**  
Consultant Neuropsychologist

**Central Manchester location**  
**Friday 11<sup>th</sup> June 2010**  
**9.30am - 4.00pm**

**Closing date for registration is 30 May 2010**



*for the* **British Association of Brain Injury Case Managers**

**To book a place ph: 0700 2 222 426 or email: [babicmsecretary@hotmail.com](mailto:babicmsecretary@hotmail.com)**

# 1 day Advanced Motivational Interviewing

**Who the course is for:** This one day advanced course is for those with previous training in motivational interviewing and who want to update and refine their skills. It is applicable to occupational therapists, social workers, psychologists, nurses, specialist support workers, vocational counsellors, brain injury case managers and all health and social care professionals.

It is assumed participants will already be familiar with the core skills used in Motivational Interviewing.

**Motivational Interviewing (MI):** MI is an evidence based approach to working with clients who are resistant to, or ambivalent about behaviour change. It is a highly effective approach that has been researched in multiple settings and for a wide array of behavioural issues. Deeply respectful, it helps clinicians to evoke a client's internal resources for change whilst at the same time building effective commitment to more adaptive behaviours over time.

## **The day:**

- Reviews the newest evidence for MI
- Uses lecture and group practice
- Expands on basic concepts

- Ensures in the moment coaching for skill enhancement
- Provides a relaxed and informal environment for learning
- Allows opportunities for professional networking with colleagues in other areas

## **After attending this day you will:**

- have a greater understanding of how to roll with resistance (sustain talk), how to recognise and evoke change talk, and how to work alongside someone using the SPIRIT of motivational interviewing
- know how to design behaviour change plans that increase dramatically the likelihood of future change
- appreciate more fully major obstacles to long term change and how best to overcome these
- be aware of a valid method for assessing competence in motivational interviewing skills

Dr David Manchester is a Consultant Neuropsychologist and Clinical Psychologist. He is Practice Leader in Psychology with the New South Wales' state intellectual disability service in Sydney Australia. David trained as a Trainer in the USA and is a member of the international group the Motivational Interviewing Network of Trainers (MINT).

© MLR consulting psychology 2009

**W:** [www.babimc.org](http://www.babimc.org)

**E:** [babimcsecretary@hotmail.com](mailto:babimcsecretary@hotmail.com)

**T:** 0700 2 222 426



The  
British  
Psychological  
Society

*Chartered Psychologist*