# **CORE SKILLS training opportunity – info below**

If you are interested, please respond by February 4th 2021 (**contact info below**). Any vacant places will be then offered to other organisations.

# **Online - Motivational Interviewing: MI Fundamentals - compassionate conversations about change**

MI Fundamentals is an introduction to the spirit, skills and practice of motivational interviewing.

* 4 X weekly sessions of 4 hours MI workshop delivered through ZOOM that provides an opportunity to learn and practice MI skills.
* It is suitable for people who are new to MI and those wanting to refresh their existing skills.

What is MI? Motivational interviewing is a collaborative client-centred, goal-oriented style of communication around change. More than a set of techniques, it pays careful attention to the language of change, and requires clinicians to work from a base of acceptance and compassion.

Whilst many counselling styles are client centred, MI’s point of difference is that the clinician’s careful reflections and summaries of the client’s change talk, evokes from the client their own motivation for change.

Does it work? Motivational Interviewing has a strong evidence base for engaging and maintaining people in treatment. It evolved from the alcohol and other drug field and has been used across a variety of settings including public health, needle syringe programs, psychiatry, correctional services, dentistry, education and sports and elite coaching.

How will it help? MI plays well with others. An MI lens over our existing skillset helps sharpen our focus, and makes what we have more useful, versatile, and effective.

What will happen during this interactive ZOOM workshop?

* An overview of the updated motivational interviewing framework
* Opportunity to practice core skills through ZOOM breakout rooms
* Exploration of the MI processes
* Practising ways to lessen sustain talk and increase change talk
* Finding ways to respond to common situations such as ambivalence and discord.
* Learn ways of continuing learning in MI

About the facilitator: Gail Friswell is a social worker with the Alcohol and Drug Service (ADS) where she has been since 2013. She was first introduced to MI whilst working as a youth health worker in 2007. Prior to this Gail was a teacher with the Department of Education for 18 years.

Gail has continued learning MI since starting with ADS and is now a member of the Motivational Interviewing Network of Trainers (MINT).

# **Essential details:**

You will need –

* **Own laptop or own desktop** **computer per person** that has audio and video connected (eg integrated in laptop or USB camera and headset microphone).
* ADS workers only – to discuss attendance with your line manager and complete staff development application form

What – MI Fundamentals workshop via ZOOM 4 X weekly sessions of 4 hours. A certificate of completion will be distributed for people who attend all 4 sessions.

When –

* Thursday March 4th 2021 9:00-1:00pm
* Thursday March 11th 2021 9:00-1:00pm
* Thursday March 18th 2021 9:00-1:00pm
* Thursday March 25th 2021 9:00-1:00pm

Cost – free

Capped – to 12 participants

To register – **please email by COB 4/2/21** to ads-pharmacoadmin@ths.tas.gov.au with “register MI Fundamentals June” in the subject line with the following details:

* your name,
* workplace name,
* email, and
* best direct contact phone number

Please note: administration support worker in this registration role works WEDNESDAY to FRIDAY only.