

Changing health behaviour

Principles and practice of motivational interviewing

4, 5 and 25, 26, September 2008



Health
Promotion
Agency



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Changing health behaviour

Principles and practice of motivational interviewing

This four day workshop has been designed to address the issues of health behaviour change. It aims to equip participants with a basic knowledge of the principles and practical skills of motivational interviewing.

The focus of this course will be on effective skills in handling the interchange between practitioner and client. It will address the important issue of how to have more constructive conversations that increase the likelihood of positive behaviour change.

Over the four days participants will:

- gain an understanding of motivation, ambivalence and readiness to change;
- understand the principles and spirit of a directive, person-centred interviewing style;
- begin to develop motivational interviewing skills;
- be able to recognise appropriate situations in which these skills may be utilised;
- have the confidence to attempt using motivational interviewing.

Potential participants

This course will be beneficial to anyone involved in helping people change their behaviour, including GPs, practice nurses, health visitors, dietitians, physiotherapists, health promotion specialists and others who have a role in counselling and advice giving.

Dates of course

4, 5 and 25, 26, September 2008

Venue

Lagan Valley Island, Lisburn, Co Down

Facilitator

Kathy Goumas MSc Health Promotion, PGDip Health Promotion, Certificate in Health Education, Registered Mental Health Nurse

Kathy is an experienced trainer in motivational interviewing and health behaviour change counselling and has trained and supervised many clinical practitioners and new trainers from a diverse range of contexts. She was trained by and has worked with Professors Stephen Rollnick and Bill Miller the 'founding fathers' of motivational interviewing. Kathy is chairperson of the steering committee for the International Motivational Interviewing Network of Trainers (MINT), and has also trained with MINT colleagues in the UK, Europe and South Africa.

Kathy has used motivational interviewing in her clinical practice, working with people with substance misuse problems in hospital and community settings. As Addictions Services Manager in the Northern Ireland Prison Service she develops therapeutic services for people in prison. Besides addiction focused activities, in Northern Ireland Kathy focuses on motivational interviewing training and consultancy within the fields of chronic disease management (diabetes, cardiac rehabilitation, obesity, cancer) mental health, criminal justice and social care.

Booking

Booking forms are also available to download or submit online at: www.healthpromotionagency.org.uk

Closing date for applications

20 August 2008

Cost

£250