

# MOTIVATIONAL INTERVIEWING

## foundational skills workshop

17th - 18th July 2018  
9.00am - 5.00pm at  
Theatre Lounge, Level 3  
Lifelong Learning Institute  
11 Eunos Road 8, S408601

Pre-Approved for VCF Funding for  
Singaporean / PR VWO Staff  
\*Limited allocation of training places

### WORKSHOP FEE:

S\$900

### WORKSHOP FEE AFTER VCF FUNDING:

S\$420

\*Information is correct at the time of printing and is subject to change without prior notice. Shan You Counselling Centre reserves the right to cancel the workshop prior to its commencement. In the event of workshop cancellation, a full refund of the workshop fee paid will be given.

Organized by SHAN YOU  U



### What is Motivational Interviewing (MI)?

MI is an evidence-based clinical intervention used for strengthening a person's own motivation and commitment to change. It is a person-centered counselling style for addressing the common problem of ambivalence about change by paying particular attention to the language of change.

MI being a non-judgmental and non-confrontational approach is now widely used in various fields, including mental health, substance use, problem gambling, management of chronic physical illnesses and forensic rehabilitation. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting an exploration of the person's own reasons for change within an atmosphere of acceptance and compassion.

### What will be covered in Foundational Skills MI?

The aim of the workshop is to provide a **comprehensive introduction to the theory and practice of MI**. One will learn the fundamental spirit and principles of MI, the language of change, as well as the core counselling skills of the approach. MI is a skill that takes practice to learn. The simplicity of the approach is often confused with being easy to learn. Research has demonstrated that MI is a skill that is best learned through observed practice and feedback.



# WORKSHOP CONTENT

- History of MI
- Underlying Theory & Philosophy of MI
- What is & is not MI
- MI – Spirit, Principles, Micro-Skills, Change talk & Commitment Language
- Personal Values Card Sort
- Rolling with Resistance
- Change Talk & Commitment Language
- Consolidating client commitment to change
- Working with commitment language
- Developing a change plan
- Eight stages of Learning MI
- Video & Live demonstrations, interactive exercises and real-case scenarios role play

# WORKSHOP FORMAT

Interactive format with didactic training, discussion, demonstration and experiential learning practice.

**TO REGISTER FOR THIS WORKSHOP,  
KINDLY EMAIL YOUR REGISTRATION FORM TO  
INFO@SHANYOU.ORG.SG OR CALL 6741 9293 FOR MORE INFORMATION**

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## OUR TRAINERS



**Joel Porter, BS, MA, PsyD**

Adjunct Associate Professor, Centre for Applied Psychology, Canberra University  
Licensed Clinical Psychologist  
Member, Motivational Interviewing Network of Trainers (MINT)



**Christopher C. Wagner, Ph.D, L.C.P., CRC**

Associate Professor, Department of Rehabilitation Counselling, Virginia Commonwealth University  
Licensed Clinical Psychologist  
Member, Motivational Interviewing Network of Trainers (MINT)  
Co-author of "MI in Groups" (2012)