

MOTIVATIONAL INTERVIEWING IN GROUPS.

What is Motivational Interviewing?

Motivational Interviewing (MI) is an evidenced-based empathic, goal-oriented approach that elicits change in health, mental health, and addictive behaviours.

MI helps people find their way to a better future – from a single habit or lifestyle change to a broader change in identity and approach to living, MI helps people develop goals, clarify the importance of making changes in their lives, and develop greater confidence, resulting in feeling more energized to move forward and more able to take the risks that are involved in almost any change.

While MI has become almost standard care in many settings over the past years, it was developed as an individual approach. Adapting MI to group interactions would require us to rethink the core practices to connect to the power of group support, cohesion and momentum.



WORKSHOP DETAILS

19th – 20th July 2018
9am – 5pm

\$900 per pax

At Shan You Counselling Centre
5 Upper Boon Keng Rd #02-15
S(380005)

To sign up, kindly email your registration forms to info@shanyou.org.sg or call 67419293 for more information.

**Participants are expected to have attended a MI Foundational Skills training workshop and have prior experience using MI in their professional settings.*

How effective is MI in groups?

MI in groups helps clients do this with a team on their side, providing camaraderie, support, and inspiration throughout the process of change. Whether MI groups are theme-based or heterogeneous groups, time-limited or ongoing, their purpose is to harness the power of group support to help people make changes that they believe will meaningfully improve their lives.

A positive climate provides the foundation; cohesion and a shared sense of purpose set the stage, and creative brainstorming and altruistic support help build momentum toward change.

Participants deepen the conversation, exploring values, underlying feelings and other elements that can enhance or interfere with members' progress toward goals. Members are guided through a series of topics that help them identify their most important goals, gain a clearer sense of themselves and develop greater confidence in their ability to achieve goals they set.

Facilitating this process in a way that maximizes potential while minimizing risk takes skill. Not only do group leaders need to provide competent motivational interviewing, but they must also weave together group members who have different styles, beliefs, needs and problems, and who are often at different points along the change pathway.

Furthermore, MI group leaders balance their focus between individual client issues and broader group processes, keeping the group engaged and supportive, but respectful of differences and individual autonomy.

**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.*

Organised by

SHAN YOU

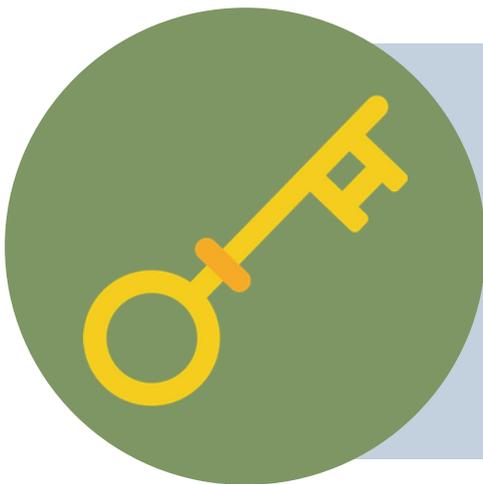
What can you expect from **MI in Groups**?

This training reviews the essential elements of MI, provides detailed information on the process of adapting MI to groups across a variety of formats, including group set up and use of skills to shape group conversation. The workshop is highly experiential, leading participants through group practice exercises across the four phases of MI groups.

Whether you wish to lead MI groups or just explore how this approach can work, the two-day workshop can help you learn about and experience this approach. The workshop is highly experiential, with most of the time spent practicing the approach in working groups that allow for development and deepening over the two days together. We hope you'll join us!

*This workshop **aims** to assist participants to:*

- Understand group practice of MI compared to individual practice
- Understand how MI groups combine group processes, client-centred foundation and focus on change
- Develop a greater knowledge of the range of MI group design options
- Understand the four phases of MI groups
- Experience and observe MI groups in action
- Develop basic to advanced MI group leadership skills



*This workshop covers these **key areas**:*

1. Reorienting from individualistic to group perspective
2. Key issues in therapeutic groups
3. Similarities and difference between individual and group MI
4. Group conversational shaping
5. Phase I: Engaging the group
6. Phase II: Exploring member perspectives
7. Phase III: Building momentum for change
8. Phase IV: Moving into action

OUR TRAINERS



JOEL PORTER, BS, MA, Psy.D
Adjunct Associate Professor, Centre for Applied Psychology, Canberra University
Licensed Clinical Psychologist
Member, Motivational Interviewing Network of Trainers (MINT)



CHRISTOPHER C WAGNER, Ph.D
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)