

# **1. Title of workshop**

## **Motivational Interviewing, spirit before skills.**

Thoughts and training on how let the experience of MI spirit evoke communication skills.

# **2. Brief description of workshop**

## **Background**

I work as a MI trainer in a big government agency (4000+) in Sweden where all staff is mandated to participate in a 4 day introductory MI training. In my work a lot of thinking have gone into finding ways to let the participants experience the MI spirit in my trainings. Not just by trying to model it in my interaction with the participants but also finding exercises and structuring the training in a way that evokes the participants own emotions about wanting to be with other people in a way that could be describes as the MI spirit.

I have found that this makes the skills training so much easier since the participants often develop a strong intrinsic motivation to learn new skills in order to be able to live the spirit.

## **Objectives**

This workshop aims to help you get new ideas and input on how to facilitate and structure workshops and trainings in a way that let participants experience the MI spirit through specific exercises and by doing so builds intrinsic motivation to learn Motivational Interviewing.

The workshop will try to show you a way of building motivation to learn MI by evoking both the need to learn new skills and the self confidence to do so.

My hope for this workshop would also be to show an engaging, fun and a little bit emotional way of delivering MI training.

## **Learning goals/outcomes**

- How to structure workshops in a way that tends to evoke intrinsic motivation (instead of external motivation "I'm here because my boss told me to") to learn motivational interviewing. This might be extra helpful in settings where staff are mandated to your trainings or in settings where the used practice might be potentially harmful (a lot of MI inconsistent practices).
- Specific exercises that aims to make the participants feel the importance to be meet with empathy and acceptans as a generally human need.
- How to debrief the exercises in a way that helps the participants link their experience to their own work with clients.
- How to begin the training of MI communication skills (OARS) by evoking some OARS skills from the participants that they already know and use.

### **3. Duration of workshop**

This is intended to be a one day workshop.

### **4. Workshop presenter**

#### **About the presenter**

Fredrik Eliasson is a social worker with 20 years experience working in closed institutions and prisons, mainly with organizational development, as head of divisions and with supervision.

Today he divides he´s time between being a self employed consultant specializing in MI training, communication skills, organizational development, implementation and being a project manager and MI trainer at The National Board of Institutional Care (Statens institutionsstyrelse, or SiS,). SiS is a Swedish government agency that delivers individually tailored compulsory care for young people with psychosocial problems and adults with addiction problems. Fredrik Eliasson is overall responsible for the training and supervision of SiS 4000+ employees and he is head of a unit of 11 MI trainers and MINT members.

Fredrik have been presenting at the MINT forums in Berlin 2015 (*Applying MI in groups in other group training contexts*) and Montreal 2016 (*"Walk the talk" ,Thoughts and training on how to integrate MI in group skills when delivering MI training*).