

Motivational Interviewing and The Stages of Change

The powerful system for having people acknowledge and do something about their problems.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

Motivational Interviewing and the Stages of Change provide an organised and systematic way of helping people to recognise their problems and to do something about them.

Prochaska, Norcross and DiClemente describe the Stages of Change through which people progress if they are to change their behaviour or emotional responses. Miller and Rollnick describe Motivational Interviewing techniques which lend themselves superbly to the task of helping clients through those stages.

We believe that a course on Motivational Interviewing is incomplete without proper consideration of the Stages of Change, and vice versa. So this course aims to acquaint participants with both the Stages of Change and Motivational Interviewing techniques and, specifically, to show how Motivational Interviewing techniques apply to moving people through the stages of change.

Who should attend?

People who attend this course normally fall into one of two categories:

1. Groups of professionals who see patients in 1:1 treatment settings, have a significant degree of clinical skill, and wish to become proficient in motivational interviewing and the stages of change.
2. 'Whole teams' (either in inpatient or community settings) seeking to develop a unified level of proficiency in motivational interviewing and the stages of change.

The professional affiliations of people attending this course include: mental health/psychiatric nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, probation officers and others working in a variety of settings including: Substance Misuse, Forensic, Adult Mental Health, Children and Adolescents. .

Course Aims:

- Definition and description of Motivational Interviewing and The Stages of Change. Why they mesh so well together that many people get them confused.
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- The sequence in Motivational Interviewing: encouraging the person to talk, generating self-motivational statements, dealing with resistance, developing readiness to change and negotiating a plan, developing determination and action.
- The 5 principles: expressing empathy, developing discrepancy, avoiding arguing, rolling with resistance and supporting self-efficacy.
- The Stages of Change found by Prochaska, Norcross & DiClemente: How to determine which stage a person is at, why it is essential to know, and how to capitalise on it.
- Traps to avoid in early stages of therapy.
- Moving from stage 1 to 2. An ideal opening structure detailing with the nature and content of early sessions. Other methods of moving from stage 1 to 2.
- Moving from stage 2 to 3: generating concern about the problem and intention to change using the 8 categories of questions. Consolidation of progress. Other methods of moving from stage 2 to 3.
- Types of resistance: arguing, interrupting, denying and ignoring. How to respond to overcome it.
- Moving from stage 3 to 4: noticing readiness to change, developing commitment to change, encouraging and supporting action. Giving advice in a way that maximises the chances of its acceptance.
- Recapitulation: summarising how the client sees the problem and their ambivalence, reviewing the evidence about risks and problems, summarising the client's wish to change, giving your own assessment of the situation.
- Triggering effective action: the moment of truth.
- The maintenance phase. Why we should wish to see people even after we have apparently achieved what we set out to. Lapse and relapse.
- Summary; self-test quiz; how to apply the course to your working situation.

What the course will do for you. You will:

- Understand why some clients are relatively easy to work with and why others much more difficult.

Continued Overleaf

To discuss or place an order call **0116 241 8331** or email **office@apt.ac**

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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- Have a clear insight that shows you 'where a client is at'.
- Properly know about and be able to use both Motivational Interviewing and the Stages of Change.
- Know that a person's ambivalence about changing is a natural thing that we can work with effectively.
- Be able to generate motivation in people who are not motivated.
- Be able to help people form constructive plans, and have downloadable resources to assist you with this.
- Be able to boost people's faith in their own ability to succeed.
- Know how to respond constructively when a person is 'resistant' – and know what to examine in your own practice when this is the case.
- Know how important it is to give advice, and be able to do that skilfully.
- Know how to help people maintain the gains they make, and have those gains persist.
- Have a comprehensive repertoire of techniques for moving a person on, whatever stage they are at.

Delegates' Feedback

Average relevance rating: **96%**



Average presentation rating: **99%**



Written Feedback:

"This was an amazing course ... the best course I have ever attended within my organization so far. Thank you!!"

"Best course I've been on in 18 years on the job!"

"This course has been the most relevant and best presented continuing professional development event I have attended. It provided useful time for active reflection on my work and the information presented was well adapted to our workplace and experience. The facilitator was knowledgeable and gave helpful and supportive feedback related to our role play and questions. The speed of presentation was spot on and the facilitator's calm approach supported discussion. Cheers!"

"Really, really excellent course. Aspects of Motivational Interviewing and Stages of Change have come up multiple times throughout my clinical psychology training but have never been presented in such a clear and relevant way. Thank you."

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