



## Introduction to motivational interviewing

### DAY ONE

9.45	<i>Arrivals and coffee</i>
10.00	Introductions and tricky clients
11.15	<i>Break</i>
11.30	Understanding ambivalence
12.30	<i>Lunch</i>
1.30	DVD demonstration
2.00	Dangerous assumptions; the spirit of MI
2.45	<i>Break</i>
3.00	Developing advanced reflective listening skills
4.00	DVD demonstration
4.30	<i>Close</i>

### DAY TWO

9.45	<i>Coffee</i>
10.00	Recap Importance and confidence; evoking change talk
11.00	<i>Break</i>
11.15	Supporting self-efficacy, developing discrepancy and rolling with resistance Key principles reviewed
12.40	Moving into planning
1.00	<i>Lunch</i>
2.00	Tricky clients revisited
2.30	Practice workshop
3.30	<i>Tea</i>
3.45	Practice workshop continues
4.15	Closing plenary
4.30	<i>Close</i>