

Motivational Interviewing Training Program Information Sheet

The Social and Emotional Wellbeing Workforce Support Unit at the AH&MRC coordinates professional support and training to the NSW SEWB and AOD workforce.

Motivational Interviewing is a guiding style that helps that therapist illicit the intrinsic drivers for behaviour change. The emphasis is on the customers own experience of change and finding their own motivating reasons to sustain behavioural change.

Motivational Interviewing has been shown to be effective across many disciplines, from drug and alcohol settings, paediatrics to obesity management.

Training Objectives:

- **Develop an understanding of the MI Spirit**
- **Develop an understanding of and ability to identify change talk**
- **Knowledge of the Basic MI Skills- OARS**
- **Practice scenarios using the OARS**
- **Knowledge and practice around strategies when facing resistance to change**
- **Knowledge of other MI Tools**

IF YOU ARE INTERESTED IN TRAINING, CONTACT THE SEWB WSU FOR MORE INFORMATION:



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