

8 COUNSELLING BEHAVIOUR CHANGE USING MOTIVATIONAL INTERVIEWING

DURATION: 1 WEEK (22 – 26 JUNE 2009)

COST: R2500 FOR 5 DAYS;
R2000 FOR 3 DAYS
(includes required course textbook)

The first 2 days focus on foundation skills in motivational interviewing; the following 3 days on more advanced strategies and techniques. Participants may register for all 5 days or if they have prior training in counselling / motivational interviewing for just the last 3-days.

CONVENORS:

All convenors are members of the International Network of Motivational Interviewing Trainers
<http://www.motivationalinterview.org>

- Prof Bob Mash
(DIVISION OF FAMILY MEDICINE AND PRIMARY CARE, STELLENBOSCH UNIVERSITY)
- Ms Loren Human
(MI CONSULTANT, LDJ SOLUTIONS)
- Dr Angeni Bheekie
(SCHOOL OF PHARMACY, UWC)
- Ms Pat Mayers
(DIVISION OF NURSING, UNIVERSITY OF CAPE TOWN)
- Dr Graham Bresick
(DIVISION OF FAMILY MEDICINE AND PRIMARY CARE, UNIVERSITY OF CAPE TOWN)

AIM:

To train health workers in basic skills or improve their existing skills in motivational interviewing as a form of health behaviour change counselling. Motivational interviewing has broad applicability to some of the major chronic diseases facing South Africa such as HIV/AIDS, diabetes and hypertension. It is of relevance to any counselling that deals with lifestyle issues such as smoking, drugs, alcohol, safe sex, adherence to medication or dietary choices.

OBJECTIVES:

- To understand the theoretical background to motivational interviewing as an approach to guiding people with decisions about lifestyle or behaviour change

- To model or demonstrate the principles of and specific skills of brief motivational interviewing
- To practice the skills of motivational interviewing through simulation and role play with feedback

OUTCOMES:

To engage the spirit of motivational interviewing as a way of being with patients or clients and to be able to utilise specific principles and skills in consultations or counselling sessions involving behaviour change.

COURSE FORMAT/STRUCTURE:

The course will integrate theory with modelling of skills and will focus on the practical use of MI by participants. This may involve the use of simulation, role-play, group work, audio and video tape. Topics will include:

- Applicability to the South African context and participants
- The spirit of motivational interviewing
- The principles of motivational interviewing
- The skills of motivational interviewing
 - Listening skills
 - Setting an agenda
 - Assessing readiness to change
 - Exploring the importance of change
 - Building confidence to change
 - Exchanging information carefully
 - Reducing resistance to change

TARGET GROUP:

The course is directed at health care workers who counsel clients or consult patients and must help people make decisions about behaviour change. The intention is to focus on workers in the district health system who conduct brief behaviour change counselling sessions and not to train people from a specialist or tertiary level where MI may be used as a psychotherapy. For example this may include doctors, nurses and counsellors.

CPD Points (3 day course): 24
(5 day course): 40