

### Is Motivational Interviewing for me?

This interactive, lighthearted online, live study day is suitable for any and all members of the team. Registered delegates will receive their personal set of CRAFT cards, which are used during and then following the event, plus a responsibility reminder training aid! Delegates will interact, participate and influence the content of the day which will use bespoke situations to demonstrate the MI skills and they will not be asked to role play or listen to us reading through endless power point slides.

We all went into our roles to make a difference; we feel that we can make things 'right' for service users and their families and we spend much of our time trying to do so.

If you spend your life explaining what your service users should, could, must or need to do then this is the course for you. Motivational interviewing is a style of communication that uses a guiding/reflective style to engage with people, clarify their strengths and aspirations, and utilise their own motivations for change, and promote independence of decision making.

If this is sounding a little flowery, in a nutshell, MI saves your breath, your time and you are more effective when it comes to people making decisions about themselves. The feedback we regularly receive is that MI also helps to avoid burn out.

### What happens on the day?

We will use memorable explanations, demonstrations, interaction in pairs and most importantly relax and have fun. The extensive wardrobe and scenery available at our large training studio allows the tutors to create characters and situations to demonstrate the topics which are pertinent to our delegates. Face to face, and telephone consultation techniques will be included.

**Though not listed below we will include many small breaks throughout the day to avoid screen fatigue**

9:00	Registration and Online access audio and visual confirmed
9:30	Introductions – and online etiquette
9:30	MI – What is it – why does it work – How the brain receives stuff! - Principles and Background in a nutshell
10:00	The spirit & principles of MI
10:45	Offering Advice – how to do this without pi**ing people off!
11:15	Official Break
11:30	When Ambivalence meets the Righting Reflex
12:00	Change Talk– What is it? How can I find it? Why does it matter?
12:45	LUNCH
13:30	MI – Open questions, affirmations, reflections and summaries set in context and practiced
15:00	Tea Break
15:15	Putting it all together – demonstration designed by the delegates
15:45	Questions and Evaluation
16:00	Close

### Timings for the Day

**9:00am to 9:25am to access the meeting then locked and started at 9:30am to 4pm**

### Who is eligible to attend?

**Only funded for General Practice Nurses from Yorkshire, North East North Cumbria, Cheshire and Mersey, Lancashire and South Cumbria and Greater Manchester**

Please note practice address will be required. Places are very much in demand so please only register if you are sure you can attend. If for any reason you are unable to attend, please cancel your place as a Waiting List will be run.

### How do I register?

**<https://www.etaltraining.co.uk/fully-funded-study-days>**