Key Benefits

This course is designed to introduce participants to Motivational Interviewing principles and skills in order to increase the effectiveness of routine healthcare interactions. Motivational Interviewing is a style of communication that seeks to assist people in exploring their choices in health behaviour and lifestyle. It is person-centred but also adopts a gentle guiding style. It was originally developed by William Miller and Stephen Rollnick in the field of addictive behaviours in the 1980s but over the past 20 years its utility has also been recognised across a spectrum of issues related to health and lifestyle related behaviours including obesity, diabetes, medication adherence, physiotherapy, and rehabilitation.

The course is aimed at primary care practitioners, including GPs, practice nurses and nurse practitioners and is suitable for any clinician who works with the management of long term conditions, health promotion and lifestyle changes.

There is also the option to attend a further half day session 1 month after the full day event to evaluate and share experiences.

Duration

This full day workshop will run on the 19th May 2015, 10.00am-4.00pm, with the option of a follow up half day, 24th June 2015 9.00 - 12 noon.

Course Convenors

Mr Ian Hamilton, Lecturer in Mental Health

Learning Outcomes

- To introduce clinicians to the basic philosophy, principles and skills of motivational interviewng
- Increase awareness of the emerging evidence base for MI and its utilisation across a range of health conditions
- Allows clinicians to identify the key principles of MI, and also to recognise what it is not.
- To consider and reflect on own skills in utilising MI in routine practice

Content

Due to the nature of the topic much of the training will be experiential using a combination of small group work and exercises, video examples and some role-play exercises. A workbook will be provided to all participants prior to the start of the workshop. This will contain some background reading as well as all the exercises and teaching materials used within the workshop.
Date
19th May 2015, 10.00 am - 4.00 pm
Lunch provided
24th June 2015, 9.45 am - 12.45 pm, optional follow up half day session.

Fees
£140 GPs (£125 for RCGP member and HYMS Clinical Tutors)
£100 GP Registrars
£45 Optional half day

A number of HEE funded places are available for nurses and nurse-practitioners on a first-come-first-served basis.

HYMS reserves the right to cancel short courses if the number of registrations is insufficient.

How to apply
Further information can be accessed via the HYMS website:
http://www.hyms.ac.uk/postgraduate/short-courses-cpd.aspx

For further information please contact:
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