



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# Motivational Interviewing (Foundational Skills)

## 15 to 18 January 2024

### Introduction

Developed by William Miller, PhD and Stephen Rollnick, PhD, Motivational interviewing (MI) is an evidence-based, person-centred and goal-oriented approach that strengthens personal motivation to change through exploring and resolving ambivalence. Over the past 30 years, there have been 1300 clinical trials involving MI. MI skills are accessible to healthcare professionals through proper training, coaching and objective assessment. This skills-based live interactive course is ideal for people who are new to MI and would like to develop the foundational skills in helping clients to make behavioural changes for improved well-being.

### Target Audience

Healthcare Professionals

### Course Objectives

Healthcare professionals will be acquainted with key MI topics namely, evoking motivation to change.

At the end of the course, participants will be able to:

- understand the framework of MI
- apply MI strategies and techniques on clients to evoke change

### Course Outline

- Motivational Interviewing: 30 Years of asking questions about change
- The underlying assumptions, ideas and theories of MI
- What is MI and is not MI
- The Spirit of MI
- The Foundational Skills
- Interacting with Change & Sustain Talk
- Working with Discord
- Planning for Change
- Exploring cultural considerations for MI
- Live demonstrations, learning exercise and role play, questions and discussions

### Course Details

Date	: 15 - 18 January 2024
Duration	: 4 half days
Time	: 9.00 am – 1.00 pm
Class size	: 30
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date)
Fee	: S\$720 (SingHealth) S\$800 (Regular) (the prevailing GST applies)

### Teaching Faculty

Dr Joel Porter is a Registered Clinical Psychologist living in Christchurch. He is a Member of the Motivational Interviewing Network of Trainers and a Certified MI trainer. He is a Senior Clinical Lecturer with the University of Otago's National Addiction Centre and an Adjunct Associate Professor with the Centre for Applied Psychology, University of Canberra. Joel is the Clinical Leader of Odyssey House Christchurch's Residential Addiction Treatment Programme. For the past 20 years, Joel has provided in person and online MI training in New Zealand, Australia, Singapore, China, Hong Kong, Europe, USA, Indonesia, Myanmar, Canada and the UK.

### Registration

To register (Internet access is required), scan the QR code or click on the web link.

Registration closes on **14 December 2023, Thursday**.



<https://www.form.gov.sg/64b5e8f8a218a40012016c80>

Upon registration, you agree to PGAHI [Terms & Conditions](#)

### Quick Links

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