



# Motivational Interviewing (Foundational Skills)

## 4 -7 November 2024

### Introduction

Motivational interviewing (MI) is a person-centred, goal-oriented approach to helping people achieve change through exploring and resolving ambivalence. Motivational interviewing was developed in the 1980's by Drs William Miller and Stephen Rollnick to help addiction treatment clinicians achieve better retention and engagement in changing problematic behaviours. Since then, MI has been disseminated across a broad spectrum of clinical, educational, corrections, and sporting settings, as well as in the area of organisational change. MI has fast become a cornerstone skill for anyone performing in a helping role, no matter the discipline or industry. This course will allow participants to be equipped with key MI concepts such as evoking motivation to change.

### Course Objectives

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

- Understand the concept and framework of Motivational Interviewing
- Apply Motivational Interviewing 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

### 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. 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.

### Course Details

Date	: 4 – 7 November 2024
Duration	: 4 half days
Time	: 9.00 am – 1.00 pm
Device	: Laptop/ Desktop required
Platform	: Online Meeting App
Fee	: S\$ 790 (SingHealth) S\$ 880 (Regular) (the prevailing GST applies)

### Target Audience

Healthcare Professionals

### Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **4 October 2024, Friday**.



<https://form.gov.sg/668d05471db5900aa44f07b7>

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

*This course will be conducted via Online meeting app (e.g., Zoom, Microsoft Teams).*

*Details of the meeting link will be sent to successful registrants nearer the course date.*

### Quick Links

[FAQs](#)  
[PGAHI Programmes](#)  
[Training Calendar](#)