



City Psychology Service

Motivational Interviewing

Course Details

Dates and Times TBA, please contact Paul.riddick@leicester.gov.uk to express an interest in this course or to discuss dates for your school/setting.

The course consists of 2 half days sessions (both AM) and 4 x 1 hour follow-up sessions. This course runs with a maximum of 16 delegates.

Venue Collegiate House, College Street, Leicester. LE2 0JX
☎ 0116 221 4800 📠 0116 221 1216

Audience

- Behaviour Leads, Pastoral Managers, Heads of Year, Form Tutors, Behaviour and Learning mentors, Attendance Officers, Family Support Workers etc.

Areas Covered

- To develop skills for working with young people and parents who are disengaged, disaffected and/or 'hard to reach' and engaging them in a process of self-motivated change
- Motivational Interviewing is a highly effective and evidence based approach for interviewing with individuals who are ambivalent and/or resistant to change
- It provides a set of theoretical tools for accessing, eliciting and supporting an individual's commitment to self-motivated change

Course Outcomes

- To understand the theory of Motivational Interviewing and the stages for change model
- To develop skills for engaging and motivating change
- To be able to use the stages for change model to assess an individual's readiness for change
- To identify relevant skills and tasks for working with an individual relevant to their stage for change

Course Leader Dr Paul Riddick

Cost Leicester City Maintained Schools/Settings: £115 per delegate , plus £75 for each follow up coaching session.

Non-Maintained Schools/Settings : £138 per delegate , plus £90 for each follow up coaching session.

How to apply To book your place visit www.lls.leicester.gov.uk

Full terms and conditions can be found on the website