



WrightLink

PERFORMANCE SUPPORT,
TRAINING & RESEARCH

*Children's Services, Youth Justice,
Criminal Justice, Community Safety*

Motivational Interviewing Skills Development Support

***2-Day Practice Support
Workshop Information***

2023
(Version 1.0)

1.0 Introduction

“A collaborative, client centred directive counselling method for addressing the common problem of ambivalence about behaviour change”

The focus of this package is to provide practitioners with the theoretical foundations and *practical application* of Motivational Interviewing (MI) skills with individuals who are unsure of, ambivalent about, or resistant of behaviour change.

Motivational Interviewing (MI) is a client-centred counselling style that aims to support people to change problematic behaviours by examining and resolving their ambivalence toward change. This two-day *practice focused* course provides the underlying theory and working frameworks of change and resistance to change that characterises the MI approach.

In addition, the support package will identify MI specific skills and techniques including how to respond positively to resistance and encourage motivation, and how to assess just how ready an individual is to change their behaviour, so the practitioner remains accurately attuned to the client's actual and immediate needs.

Participants will have the opportunity to engage with the presentation of theory, examples of theory translated into practice, case study material, multi-media methods, and the practicing of core MI skills in both small and large groups consistently throughout both days.

The support package has been specifically designed to offer participants a safe and supportive learning environment in which to practice MI skills, to ensure theoretical understanding is meaningfully translated into direct front-line practice.

2.0 Support Package Overview

This support package has been designed to be delivered remotely via MS Teams over 2 days.

Learning Objectives

- Understand what Motivational Interviewing (MI) is (and is not), and how it differs from other approaches to support behaviour change?
- Understand what is meant by 'change resistant' behaviour?
- Explore the nature of change and why it is so difficult to achieve consistency.
- Understand the importance of the quality of client-worker interaction in MI work.
- Explore the 'cycle of change' and its application to intervention.
- Develop (via direct practice-focused workshop sessions) the core skills and techniques used in the MI approach to practice.
- Reflect upon current skills, and areas for future development.

Additional Information

- Each participant will receive a PDF (Adobe Acrobat) support pack prior to the workshop event which contains all slides presented, additional information, handouts, and exercises.
- Participants who successfully complete the full support package will be awarded a certificate of attendance and contribution, and formal confirmation of CPD hours completed (e.g., HCPC registered practitioners) if requested.
- A summary report containing anonymised and aggregated 'participant evaluation feedback' will also be provided to the commissioner following delivery.

3.0 Biography

Andi Myles-Wright *CPsychol AFBPsS*

Chartered Psychologist and Associate Fellow of the British Psychological Society

Teaching Fellow in Forensic Psychology & Criminology

Andi has specialised in the provision of performance support, training/coaching, research/audit, and reflective/clinical supervision services in children's and young people's services since 2010.

His 25-year career history spans a wide range of settings and countries, including community-based services and secure residential settings for children and young people (Secure Children's Homes, Secure Training Centres, Her Majesty's Prison Service establishments, and Family Assessment Units).

In addition, Andi has delivered forensic consultancy support services in Australia, South Africa, Malaysia, and the UK, whilst also being experienced in conducting research, publishing book chapters, writing book reviews and international journal articles, and undertaking specialist teaching roles within both Further and Higher Educational settings since 1996.

In 2021 Andi was appointed as a part-time lecturer in psychological criminology at the University of Brighton; he has also undertaken the role of part-time module coordinator, pastoral care tutor, and senior teaching fellow in forensic psychology at the University of Portsmouth since 2018.

Andi's key areas of interest/research include:

- Harmful sexual behaviour
- Aggression and violent behaviour
- Developmental psychopathology
- Desistance and personal change processes
- Attachment, trauma, and harm-related behaviour
- Practitioners' experiences of offender supervision
- Workforce development and organisational (systemic) change processes
- Qualitative research in forensic settings
- Whole service approaches to embedding team case formulation meetings
- Risk assessment and management strategies



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