

**With
Dr Aftab Laher**

Introduction to Motivational Interviewing: Working collaboratively with our clients

Duration: 1 day
CPD Hours: 7.25
Format: Online & F2F
Fee: £130



Dr Aftab Laher

Consultant Clinical and Health Psychologist
Accredited Cognitive-Behavioural Psychotherapist

Overview

Motivational Interviewing (MI) is a well-established guiding framework rooted in a deep humanistic and client-centred tradition. This approach encourages a compassionate, non-judgemental and non-blaming ethos whilst collaboratively working with our clients to help them safely explore their concerns, especially when things seem to get "stuck" in regard to adaptive health behaviour change. As such, this approach, also challenges us as health professionals to work flexibly and to be open to addressing aspects of our own working style which might unwittingly be contributing to the ongoing challenges faced by clients.

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Who will Benefit?

This course is suitable for health professionals, therapists, and care staff working in physical health and mental health care and rehabilitation settings including, occupational therapists, physiotherapists, nurses, counsellors, psychologists, dietitians, and doctors.

Key Learning Outcomes

- To explore the concept of motivation in the context of client work
- Be able to identify “stuck situations” and reflect on how we respond.
- Become familiar with an overview and background to MI
- To encourage you to embrace the spirit of MI.
- Learn about the underlying processes in MI work.
- To learn/ enhance core skills in MI.
- To be able to reflect on how MI can fit in with your practice.

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