

# Behaviour Change Skills Part 2

## Influencing Motivation

### Course Summary

This training aims to enhance current practice by, exploring ways of building and strengthening motivation to change and maintaining that motivation throughout the change process.

Motivational Interviewing (MI) has been used successfully in a wide range of health behaviours and the challenge for healthcare professionals is to incorporate this way of working into practice. This course is a skills-based programme which is supported by a comprehensive 1 day pre-course self-directed learning workbook, detailed written description and demonstration of the skills, followed by practice sessions in small group workshops.

### Introduction

Although it is well known that changing unhelpful health behaviours will improve people's health and reduce their risk of disease, starting and keeping up long-term behaviour change is extremely difficult. People may have mixed feelings about changing their behaviour in the first place and once they do start to change they often lose motivation during the process. Health professionals are in a strategic position to influence and facilitate motivation and change. Despite this, they are not traditionally trained in the use of motivational strategies for behaviour change. This course provides an opportunity to learn more about motivation and explore its application in practice.

### Course Aim

To increase knowledge of motivational interviewing, and to practice some of the skills and strategies involved.

### Learning Outcomes

By the end of the course participants should be able to:

- Define motivation and motivational interviewing.
- Describe the principles underlying this approach.
- Identify the skills and strategies required to use motivational interviewing.
- Demonstrate key skills required to use this approach.
- Acknowledge the complexities of influencing motivation.
- Explore the application of motivational interviewing in practice.

## Content

- Define motivation and motivational interviewing.
- 4 Key Processes in MI
- The evidence for this way of working.
- Key skills: Reflective Listening Skills
- Key strategies: Explore 'Readiness', Explore Ambivalence, Typical Day, Exchanging Information, Help with Decision Making, Goal Setting.
- Integration into practice

## Teaching Methods

A range of teaching methods will be used to facilitate different learning styles. There will be detailed written information, demonstrations and practice of the skills and strategies in small group workshops. These role-play workshops will provide the opportunity to become familiar with the skills and benefit from individual feedback.

## Prerequisites

Participants must have completed Behaviour Change Skills Part 1 prior to being accepted onto this course.

This course is suitable for:

Professionals working in healthcare to include doctors, nurses, dietitians, physiotherapists, speech and language therapists, occupational therapists, non-clinical practitioners and all those helping people to change.

Currently due to Covid-19 restrictions all our courses are delivered virtually via Zoom utilising breakout rooms for small group workshops/roleplay