



Quality Training in Psychological Skills for over 20 Years

The Skills Development Service Ltd presents:

Motivational Interviewing & Beyond

(Module of the **Certificate in Resource Based Therapies**)



This course outlines both motivational interviewing (MI) and behaviour change skills whilst addressing additional common motivational issues and strategies

Can be taken as an individual one-day course or as a part of a Certificate in Resource Based Therapies (4 days training) approved by the BPS Learning Centre.

I would just like to say how much I have enjoyed SDS courses I have attended in the past.

I was initially quite sceptical and yet I have found Paul to be a genuinely interesting person with lots of relevant experience to share, which he does in a truly inspirational way.

I have left feeling excited about practising the new skills and ideas I have learnt.
J.L.G.

This highly demanded one day training course is designed to empower you to motivate your clients and patients. You'll be taken through a range of issues, strategies and tips been proven to improve your motivational strategies whatever your client group.

Why you cannot afford to miss this course?

Learn key Motivational Interviewing (MI) skills to motivate a broad range of client groups from young clients to older people, clients with mental health and substance misuse problems or offending behaviour, patients with medical conditions such as diabetes, cardio-vascular conditions and physical rehabilitation.

Move forward clients who you always believed were immovable or who you would discharge because they are "unmotivated"

Explore the research on how CONFRONTATION as a technique DECREASES motivation rather than increases it... and what to do instead

Learn to motivate clients who do not want to talk to you or even be in the same room as you!

Learn how doing LESS can motivate your clients MORE

Discover the research on how what your client SAYS increases what they DO afterwards... and how you can facilitate that process

Learn how to make goal setting work and feedback more effective as motivating interventions

Effective evidence-based strategies for all practitioners - whether working in long term therapeutic relationships or just having brief 5 minute contacts with their clients

Video demonstrations of techniques

Numerous worksheets to take away and start using immediately to motivate your clients

30 November 2011

21 February 2012

13 June 2012

London

Manchester

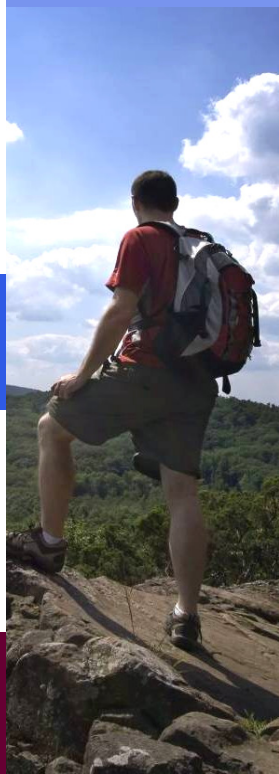
London

FREE CD-ROM for each delegate

With PowerPoint presentation handouts, reading & reference lists, photocopyable worksheets, checklists, and forms to use immediately with your clients.



www.skillsdevelopment.co.uk





Course tutor: Paul Grantham, B.A. (Oxon), M.Sc, M.Clin.Psychol., BABCP (Accred), is a clinical psychologist with vast clinical and training experience. Having originally taken a degree in history at Oxford University, Paul chose to make Psychology his professional career and took an MSc degree in Psychology at Sussex University followed by training as a Clinical Psychologist at Liverpool University. He has worked extensively within the NHS for many years as a clinical psychologist including primary care, mental health, forensic, substance misuse and physical health and has trained staff in health care, social services, local government and education around the UK and abroad. Paul has a particular interest in clients' motivation for change, resistance and reasons of why people do NOT change. He currently focuses on the practical applications of resource based therapies. He has presented and written on a range of psychological issues.

Paul is registered with the HPC, an Associate of The RSM and is an Accredited CBT Therapist. An extremely informed, clinically experienced and humorous speaker he is known as one of the most popular and inspirational tutors in the field of psychological skills training.

Booking Conditions

Booking constitutes a contract.

Course fee

- **Early Bird and Online Booking Price: £115 + VAT (£138)** per delegate to include refreshments and course materials (This discount is valid within 1 month prior to event or for ALL credit card online bookings).
- **Regular Price: £140 + VAT (£168).**
- **Block bookings:** Save over £100 when booking **all 4 modules of the Certificate** – for details visit www.skillsdevelopment.co.uk/rbt.html

How to book

- Telephone: 0870 241 7294 giving credit card details.
- Web: Use our secure server on www.skillsdevelopment.co.uk giving credit card details.
- By Post: Detach the booking form below (photocopies acceptable) and either:
 - Send with a cheque made payable to The Skills Development Service Ltd to:
SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
 - Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from your employer showing name & address to send invoice to.
- No provisional bookings taken.

Cancellations

- Cancellation in **writing** up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (or a full credit note for a future course – optional).
- Cancellation in **writing** up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website WWW.SKILLSDEVELOPMENT.CO.UK for further information on this and other courses, to book your place or to check availability - **Updated daily!**

----- Booking Form -----

Motivational Interviewing & Beyond Code: NAM

COURSE DATE _____ COURSE LOCATION _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

POST CODE _____

TEL No: _____ FAX No: _____

E-MAIL: _____

Please check your e-mail address carefully – your CONFIRMATION LETTER will be e-mailed to you to this address!