



**MOTIVATIONAL**

**INTERVIEWING**

**STUDY DAYS**

# SSHA

**Society of Sexual Health Advisers**

## SSHA TRAINING DAYS

October & November 2018

London & Sheffield

[www.ssha.info](http://www.ssha.info)

### Day 1: Advanced Communication Skills for Practitioners in Sexual Health

- The Pillars of Motivational Interviewing
- Resisting 'the Righting Reflex'
- OARS & complex reflection
- Engagement through reflection
- A taste of MI
- Practical engagement in your setting

### Day 2: Using Motivational Interviewing to support Behaviour Change

Overview of MI

Evoking: Recognising 'Change Talk'

Evoking: Eliciting 'Change Talk'

EARS: Responding to 'Change Talk'

Focusing

Planning