



MOTIVATIONAL

INTERVIEWING

STUDY DAYS

SSHA

Society of Sexual Health Advisers

SSHA TRAINING DAYS

October & November 2018

London & Sheffield

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