



Spring Training

2 Days Motivational Interviewing

24th /25th May 2018

10 a.m.—4 p.m.

This 15-hour workshop is aimed at those working in both the addiction field and wider social care contexts i.e. homelessness, residential care, youth work, and social care wishing to expand their skill and knowledge base in the area of addiction counselling through the application of motivational interviewing. The training will include learning in key skills such as reflective listening, developing discrepancy, rolling with resistance, managing ambivalence, and promoting client self-efficacy. The training is for anyone with a serious interest in the area of substance use and who interacts in either a paid or voluntary capacity with people who have addiction issues.

- Title:** Motivational interviewing helping people to work towards change
- Course facilitator:** Peter Kelly, Merchants Quay Ireland, Training Officer
- Venue:** The Carmelite Center
56 Aungier St,
Dublin 2
- Schedule:** 10 a.m.—4 p.m.
- Eligibility:** This training is for anyone who interacts on either a paid or a voluntary capacity in the area of problem drug use /addiction and has an interest in both the conscious and unconscious factors that underpin human motivation and the capacity for change.
- Cost:** **€180.00**
€50.00 non-refundable deposit to secure your place on the programme
€130.00 on first day of the event
- How to apply:** Course application forms are attached to this advertisement, and can also be got from Peter Kelly, Training Officer at Merchants Quay Ireland peter.kelly@mqi.ie or by contacting Peter at 01-5240936.
- Closing Date:** Closing date for receipt of application forms is **Friday 4th May 2018**
- More Information:** **Scroll down for application form.** For further information please contact Carmel Kelly in Merchants Quay @ 01-5240973 and/or email: peter.kelly@mqi.ie



Programme Aims:

This course will develop in students an integrated set of strategies for increasing competence in motivational counseling skills. Theoretical underpinnings of the approach will be examined, alongside key principles and strategies. Core skills will be explained and students will be given the opportunity to practice these core skills in class through role-play. Emphasis will focus on developing proficiency in the areas of reflective listening, highlighting discrepancy, rolling with resistance, increasing client self-efficacy, managing urges and compulsions, and implementing change plans and strategies.

Programme Outcomes:

- Have gained a good understanding of Motivational Interviewing, its theoretical underpinnings, influence, and development.
- Will have achieved a level of competency in the core skills and be able to begin, maintain, and conclude a helping intervention.
- Have an understanding of the Wheel of Change and be able to situate the cycles of drug/alcohol use within its framework.
- Will have developed a proficiency in the areas of reflective listening, dealing with resistance/ambivalence, and the development of discrepancy.
- Be able to move clients towards the process of change through the management of compulsions and urges and the exploration of intrinsic motivation.

Programme Trainer:

Mr Peter Kelly MSc Psychotherapy, Advanced Diploma in Supervision, Bph (Philosophy), Dip Social Studies, M.I. trainer, Reality Therapy, Certified is the Training Officer with Merchants Quay Ireland. Peter works in the area of addiction and substance misuse and has been involved in the provision of both drug counselling and drug education for the past twenty years. His clinical background is psychoanalytic psychotherapy and he is an accredited member of both the A.C.I. (Addiction Counsellors of Ireland) and the Association of Psychoanalytic Psychotherapy Ireland (A.P.P.I.). Peter is also trained in Motivational Approaches to problem drug use, and his areas of interest include both the role of the unconscious in addiction and how people manage and overcome addictive cycles.



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Application Form

Please complete this application form and return it to the address below.

NAME _____ DATE OF BIRTH _____

ADDRESS _____

TEL (HOME) _____ TEL (WORK) _____

EMAIL ADDRESS _____

ORGANISATION (IF ANY) & ADDRESS _____

Are you working in the addiction field?

What are you looking for from this training?

Please list any previous academic or other qualifications you hold (if any).

Where did you hear of this training?

A non-refundable fee of €50 payable to Merchants Quay Ireland should be returned with this form.

Closing date for receipt of applications is Friday 4th May 2018

SIGNATURE _____ DATE _____

Return to: Peter Kelly, Training Officer, c/o MQI Training Department, Merchants Quay Ireland, Merchants Court, 24 Merchants Quay, Dublin 8.

For more details contact: Carmel Kelly/Zaneta Mludzik in Merchants Quay @ 01-5240973/01-5240934 and/or peter.kelly@mqi.