## Motivational Interviewing

### For what age?
Secondary Schools

### At what level?
Universal, targeted and more-targeted (Waves 1 to 3)

### Why do staff need to know about motivational interviewing?
Motivational interviewing is a technique that was designed to assist bringing about change in the manner in which a person behaves.

It was developed within a context where patterns of behaviour were entrenched and could be self-defeating, and where more traditional approaches to eliciting change were clearly failing.

It is a technique that is designed to strengthen an individual’s motivation for and movement towards a specific goal by eliciting and exploring the person’s own arguments for change.

It has been found to have evidence-based results in a variety of contexts, and can be useful in assisting older children change self-defeating behaviours.

### How does this training help children and young people?
Motivational interviewing is a collaborative process that strengthens a person’s confidence that he/she can change in a direction that he/she recognises as more healthy in the context of their whole development.

It provides children with the opportunities to explore their thoughts and feelings and to make healthy decisions.

The objectives are as follows:

1. To learn what motivational interviewing is.
2. To practice some of the key skills and strategies of motivational interviewing.
3. To consider how to apply your learning in your workplace.

### Where can I access training?
To access centralised training for this course, including at the TaMHS Conference if appropriate, please visit: [www.northamptonshire.gov.uk/tamhs](http://www.northamptonshire.gov.uk/tamhs)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator: [tamhs@northamptonshire.gov.uk](mailto:tamhs@northamptonshire.gov.uk) or by speaking to your Link Educational Psychologist.

### What do delegates say?
- Really enjoyable training, good mix of info and practice
- Thank you. A really informative, well paced training. Good balance of theory and practice.