

Motivational interviewing

 **Course duration:** 2 days (or to suit requirements)



Suitable for: All criminal justice managers and practitioners seeking to affect change in others

Inspire change in others

Motivation is the key premise for any change in behaviour. Raising and retaining motivation among clients who face multiple barriers in their lives is a pressing challenge. This training provides staff with an evidence based set of principles, skills and techniques to get even the most reluctant on board for change.

Key course elements

The following areas can be tailored to your teams' needs:

Exploring and rehearsing how to:

- Build rapport
- Make improved assessments
- Work with resistance
- Develop desire to change

The trainer/consultant

Catherine Fuller is an independent learning and development consultant with 20 years experience with the probation service as training manager, probation officer, group work, practice teacher and hostel worker. She has designed and delivered a variety of motivational interactive learning activities, including the National Probation Services' motivational skills Training the Trainers programme and the national systematic motivational work training for the approved premises pathfinders.

Testimonials

“Catherine is highly regarded by me and by my project managers...her flexibility and capacity to respond to the diversity of our projects make her a trainer of preference for us.”

Kevin Barry, International Project Manager, National Offender Management Service, July 2007

“Catherine is an accomplished, experienced trainer with excellent interpersonal and teaching skills. The National Probation Service has used her skills on a number of very successful projects.”

Tudor Williams, Training Manager Interventions Unit, National Offender Management Service, July 2007

Clients

Catherine's recent clients include: SOVA, Midlands Probation Consortium, National Offender Management Service, HMP Leicester, South East Region Probation Training consortium, Langley House Trust



For more information on Catherine's training course or for a FREE 40 minute consultation with Catherine please visit:

www.backstop.org.uk/pages/training.php

Or call Iman / Janet on 08444 993389 or email training@backstop.org.uk