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INSPIRING CHANGE

## ONLINE INTERACTIVE TRAINING

ABI SOLUTIONS IS  
OFFERING 3  
PROGRESSIVE COURSES  
IN MOTIVATIONAL  
INTERVIEWING (MI)  
IN BRAIN INJURY  
REHABILITATION

**COURSE 1:**  
Introduction to MI in  
Brain Injury Rehabilitation

**COURSE 2:**  
MI in Brain Injury Rehabilitation  
- Advancing Your Practice Part 1

**COURSE 3:**  
MI in Brain Injury Rehabilitation  
- Advancing Your Practice Part 2

TO ALLOW INTENSIVE INTERACTION  
WITH THE TRAINER PLACES ARE  
STRICTLY LIMITED

THESE COURSES BENEFIT FROM  
EXCELLENT RESOURCES INCLUDING  
A DIGITAL WORKBOOK & VIDEOS  
FROM THE TRAINER ON A SUMMARY  
OF THE CONTENT

**COST**  
**£249 + VAT**  
per course

Discount available if  
booking 2 or more courses.

15% discount to NHS,  
Charities, Students &  
Statutory Services

# Motivational INTERVIEWING

## in Brain Injury Rehabilitation

admin@abisolutions.org.uk 07901 905 847

**ABI** Solutions

6 POINTS

**CPD**  
MEMBER  
The CPD Certification  
Service

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These online interactive courses have been expertly devised to take delegates through the journey of learning this specialist approach and developing and consolidating their skills. Delegates may want to attend just the introductory course in order to introduce MI techniques into their practice. It is not compulsory to do all 3 courses.

The follow on courses (2 & 3) are now available in response to numerous requests from delegates attending the introductory course. Practise, feedback and reflection are essential ingredients for developing proficiency in MI. With the key concepts covered in the introductory course, the follow-on courses provide an opportunity to focus on practitioner skills development in a supportive and encouraging environment.

These course are a 'live' online small-group experience. Virtual Learning creates the opportunity to break up what is traditionally taught on one-day course into bite sized chunks. This allows participants to integrate new learning into their daily practice and deepen their learning experience. Many practitioners are now required to contact their service users through screens and telephones. This course provides the opportunity to practise and enhance their use of MI through these interfaces.

Each course is 8-hours which is broken down into 4 x weekly sessions (4 x 2 hours). The focus is on fun, interactive learning in a safe and supported atmosphere. For all courses there will be optional tasks and homework provided inbetween session and optional feedback provided by the trainer on tasks completed.

### INCLUDED IN ALL COURSES:

- **Video and live demonstrations**
- **Powerpoint Interactive lectures**
- **Partnered and small group skills practise**
- **Group discussions**
- **Case studies**
- **Quizzes, games and creative activities**
- **The relevance and application of MI within the ABI context is integrated throughout the learning**
- **Optional tasks and activities to be completed in-between sessions to help you embed the learning into your personal practice**
- **The opportunity to meet and learn with other brain injury practitioners from different settings in a relaxed and safe learning atmosphere**
- **A practical workbook of ideas and strategies to take away**
- **Videos from the trainer on a summary of the content**



**Facilitator: Verna Morris, Specialist Brain Injury Occupational Therapist, Brain Injury Counsellor, Sheffield Hallam University**

Verna Morris lectures at Sheffield Hallam University primarily in Motivational Interviewing. She is a member of the Motivational Interviewing Network of Trainers (MINT). As well as lecturing in Motivational Interviewing Verna is a Specialist Brain Injury Occupational Therapist with 24 years experience and is also a practicing Brain Injury Counsellor. She integrates motivational interviewing into her clinical practice and regularly provides training in the approach to organisations and individual across the UK in a wide range of professionals including Therapists, Case Managers, Primary Care staff, Rehabilitation and Vocational Professionals, Mental Health Workers, Public Health Workers and Solicitors.

# Course 1: Introduction to Motivational Interviewing in Brain Injury Rehabilitation

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This course is aimed at people who are new to motivational interviewing. At this level, participants learn about MI (e.g. key concepts), reflect on its application for their practice and gain some practical understanding of how to apply it.

## What will be included:

- ▶ What is motivational interviewing, how do you learn it and how does it work?
- ▶ The relevance and application of Motivational Interviewing when working with clients with an acquired brain injury.
- ▶ Reflection on the common ways of trying to motivate clients and explore why these ways often do not work
- ▶ Opportunity to practise core skills for evoking motivation to change
- ▶ A focus on client change language and how it guides the practice of MI
- ▶ Introduction to the evidence base

## The programme

- Session 1**
- ▶ What is Motivational Interviewing? How does it work?
  - ▶ What are the links to participants' current practice?
  - ▶ Motivational issues in the brain injury context
- Session 2**
- ▶ The issues with "persuading" clients
  - ▶ Engaging - Using person-centred skills for engaging clients
  - ▶ The relevance to brain injury practice
- Session 3**
- ▶ Engaging - Giving information and advice in a way that maximises engagement in a brain injury context
  - ▶ Focussing - Developing and maintaining direction in the conversation
- Session 4**
- ▶ Evoking - Exploring how to use questions and reflections to evoke the client's motivation
  - ▶ Evoking - How to respond when the client feels "resistant"

Each course is 8-hours which is broken down into 4 x weekly sessions (4 x 2 hours).

09:30 - 11:30 - 14th, 21st, 28th September & 5th October 2023

[BOOK NOW](#)

13:00 - 15:00 - 14th, 21st, 28th September & 5th October 2023

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13:00 - 15:00 - 11th, 18th, 25th January & 1st February 2024

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13:00 - 15:00 - 6th, 13th, 20th, 27th June 2024

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# Course 2: Motivational Interviewing in Brain Injury Rehabilitation - Advancing Your Practice Part 1

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This interactive small-group training experience is aimed at people who have attended the one-day or online Introduction to Motivational Interviewing in Brain Injury Rehabilitation provided by ABI Solutions or similar training and who would like to continue to develop their skills and knowledge in MI. The focus is on:

- ▶ **Developing and practising skills that were covered in the online introductory course**
- ▶ **Introducing and integrating additional content around working with people when motivation is very low.**

### What will be included:

Knowledge and Skill development in key MI activities and interventions:

- ▶ **Directional and strategic reflections**
- ▶ **Affirmations**
- ▶ **Evoking confidence**
- ▶ **Exploring importance**
- ▶ **Responding to change talk**
- ▶ **Responding to sustain talk and discord**
- ▶ **Developing discrepancy**

## The programme

- Session 1**
- ▶ **Revision and Recap - An opportunity for participants to reflect on their current MI in ABI Practice, achievements and ongoing learning needs**
  - ▶ **Complexifying Reflections - Deepening the learning and practice of skilful, directional and strategic reflections**
- Session 2**
- ▶ **Affirmations - A practical exploration of the use of affirmations in practice**
  - ▶ **Fundamental Attribution Error and its relevance in the MI in ABI context**
  - ▶ **Evoking - MI in supporting self confidence**
- Session 3**
- ▶ **Evoking - Developing skills for evoking and responding to change talk**
- Session 4**
- ▶ **Responding to sustain talk and discord**
  - ▶ **Skills for when motivation is very low - developing discrepancy**

Each course is 8-hours which is broken down into 4 x weekly sessions (4 x 2 hours).

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# Course 3: Motivational Interviewing in Brain Injury Rehabilitation - Advancing Your Practice Part 2

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This interactive small-group training experience is aimed at people who have completed both introductory MI training with ABI Solutions and the Advancing Your Practice Part 1 course. This course will include a focus on:

- ▶ How MI is integrated into practice for some common challenges in ABI rehab.
- ▶ How to move from the evoking phase of MI into goal planning.
- ▶ Matching your approach to the client's readiness and putting MI skills into practice.

### What will be included:

- ▶ Knowledge and Skill development in key MI activities and interventions:
  - Moving from preparatory change talk to mobilising change talk
  - Signs of readiness to change
  - Evoking mobilising talk and strengthening commitment
  - Negotiating, supporting and scaffolding an action plan
- ▶ An exploration of some common challenges and the integration of MI within a brain injury context
- ▶ The use of case studies to explore and guide the use of specific MI interventions
- ▶ Pulling it all together - Supportive practise and integration of MI skills
- ▶ Coding - Learning about a method to benchmark MI skills and proficiency

## The programme

- Session 1**
  - ▶ Recap and revision
  - ▶ Moving from evoking to planning
  - ▶ Negotiating a change plan
- Session 2**
  - ▶ MI Practice with people with impaired self- awareness
  - ▶ MI and common clinical challenges
- Session 3**
  - ▶ Matching your approach to a client's readiness - when to do what?
- Session 4**
  - ▶ Practise and feedback
  - ▶ Introduction to coding - benchmarking your MI skills

Each course is 8-hours which is broken down into 4 x weekly sessions (4 x 2 hours).

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