

## Motivational Interviewing

For what age?	At what level?
Secondary Schools	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 motivational interviewing 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.

### How can schools help?

- Understanding what Motivational Interviewing is.
- Recognising how Motivational Interviewing could be used within the setting to support individual children and young people in order to bring about positive change.
- Being able to implement and apply some of the key skills and strategies of Motivational Interviewing within their setting.

### How can I access training?

To access centralised training, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

[tamhs@childrenfirstnorthamptonshire.co.uk](mailto:tamhs@childrenfirstnorthamptonshire.co.uk) or by speaking to your Link Educational Psychologist

## What do delegates say about this training?

*Really enjoyable training, good mix of info and practise.*

*Thank you. A really informative, well placed training. Good balance of theory and practise.*