



Jeff Allison Training Ltd | *in collaboration with*
NHS Education for Scotland National MI Coach Group
AN INTERNATIONAL MULTIDISCIPLINARY WORKSHOP

Motivational Interviewing *in* Groups

Monday 20th & Tuesday 21st February 2012

STIRLING MANAGEMENT CENTRE, UNIVERSITY OF STIRLING, SCOTLAND

Workshop Leader: Tom Barth | jallasso.no

supported by | Paula Sofie Haugan | [HINT Levanger](http://HINT-Levanger.com) | hint.no

and also | practitioners from the National MI Coach Group

jeffallison.co.uk | info@jeffallison.co.uk | +44 (0) 131 446 0537

Workshop

Motivational Interviewing (MI) is used mainly as a style for productive engagement in one-to-one consultations about a broad spectrum of behaviour change issues. There is a growing interest in adapting MI for group applications where issues of change are centre-stage. This 2-day experiential workshop will explore how best to adapt and apply MI in groups. This is the first time an MI training workshop has been organised in the United Kingdom focussing *exclusively* on groupwork integration. It will be conducted in the English language.

Workshop Leader

Tom Barth PsyD is a clinical psychologist working in Bergen, Norway. Since 1980 he has practised in the addiction treatment field. He now works as a private consultant, teaching and supervising in the field of MI. He has played a central role in the development of MI nationally and internationally since 1983. He is a member of MINT Inc. (MI Network of Trainers). Tom has published several textbooks on MI in Scandinavia. He is inspired by the work of the American psychologists and colleagues, Drs Karen Ingersoll and Chris Wagner, who have extensive experience of facilitating groups using MI as the framework. Over the last few years, Tom has developed and led workshops in Scandinavia on MI in groups.

Participants

The programme has been designed (and tested in Scandinavia) for practitioners in the fields of health, social care, addictions, criminal justice, counselling, education and training. This is *not* an introduction to MI. The expectation is that all participants already will have a reasonable working knowledge of MI as applied in individual conversations. MI trainers will also find this workshop a useful opportunity to enhance their skilfulness in MI-consistent practice.

Programme

Through lectures, exercises and group role-plays we will develop an understanding of how to use MI in groups. We will focus on process-orientated groupwork as well as groups with a psycho-educational approach. Participants will be expected to contribute actively in exercises, role-plays and 'real-plays' - rotating the roles of group leader, group member and observer. A full programme will be sent to participants before the workshop. There will be a maximum of 48 places, allowing us to work in four groups of 12 for much of the time. This will be a fully-packed two days with an early evening session on Monday. We suggest



staying overnight at the venue or not too far away.

HINT | Levanger

North-Trøndelag University College (HINT) provides Norway's most comprehensive MI training programme. Paula Sofie Haugan leads the programme and also supports a network of MI practitioners and supervisors in middle Norway. She coordinates visits from international MI researchers and practitioners, and has hosted several workshops on MI in groups. Paula is a member of MINT Inc (MI Network of Trainers).

National MI Coach Group

The National MI Coach Group (NMICG) is an initiative of NHS Education for Scotland. The NMICG is an independent collective of sixteen MI-competent practitioners, from a range of clinical settings, some of whom already have a training role and all of whom seek to develop their capacities as MI coaches. They share a commitment to the promotion of MI-consistent practice among colleagues, through facilitating local practice development forums. Six members of the group will support Tom in this workshop, acting as group coordinators.

Venue | Cost

The workshop is to be held at Stirling Management Centre on the campus of Stirling University, one of Scotland's leading conference facilities. Stirling is at the heart of Scotland, with excellent transport links, by road, rail and air (via Glasgow and Edinburgh), to other parts of the UK, Europe and Scandinavia.

The cost of the workshop is £350 GBP. This charge includes participation in the workshop, refreshments and lunch, plus materials. Accommodation is not included but may be arranged by participants directly with Stirling Management Centre. Information and advice regarding 'practicalities' will be provided for participants by JAT Ltd.

Requests for hardship reductions will be considered.

Applications

Applications are invited from practitioners within Europe and Scandinavia, from the fields of health, social care, addictions, criminal justice, counselling, education and training. If you wish to make an application to participate, please go to: www.jeffallison.co.uk/events. Download a copy of the application form, complete and return by email attachment to: info@jeffallison.co.uk. You will receive a response within two working days. If your application is accepted you will receive details of how to make payment. Places will be allocated in order of receipt of full payment.

Any questions?

About the programme: Tom Barth will be happy to answer your emails.
tom.barth@allasso.no

About practicalities: JAT Ltd is organising this workshop. Please contact Jeff Allison.
jeff@jeffallison.co.uk | +44 (0) 131 446 0537