



**NIPC** National Institute for  
Preventive Cardiology

# Motivational Interviewing

## *Level 1 Certificate*

### **2-Day Expert Training in Motivational Interviewing in Healthcare Behaviour Change**

Equipping you to confidently and successfully support patients with complex lifestyle behaviour change. On successful completion participants are able to progress to the Level 2 (Intermediate) and Level 3 (Advanced) Certificates. Level 3 graduates can subsequently access training to become a Motivational Interviewing Network Trainer (MINT) – an internationally recognised training body. This course is Certified by the National Institute for Preventive Cardiology (NIPC) and delivered by a member of the Motivational Interviewing Network of Trainers (MINT)

**Croí Heart & Stroke Centre**  
Moyola Lane, Newcastle, Galway

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# Changing Lifestyle: How to Make Every Patient Contact Count through MI Level 1 Certificate

With limited time often available for consultations this training course introduces modifying complex lifestyle behaviours through Motivational Interviewing (MI). MI is an evidence-based goal-directive counselling method for resolving ambivalence and promoting positive change by eliciting and strengthening the person's own motivation for change. This skills-based and practically-focussed course aims to introduce participants to the use of MI in primary care and health behaviour change settings.

Tutor: **Dr. Jeff Breckon** CPsychol.

Jeff is a Reader in Exercise Psychology and a BPS AND HCPC Chartered Psychologist. He delivers training in MI to a variety of health professionals and organisations covering health behaviour change, organisational change and in clinical and community settings. He is a member of MINT (Motivational Interviewing Network of Trainers), BPS (British Psychological Association) and BASES (British Association of Sport and Exercise Sciences). Jeff was trained in MI in 1996 and as an MI trainer by Professor Bill Miller and Professor Steve Rollnick (Quebec, 2000) – the founders of MI. Jeff has trained MI to organisations across the UK, Europe and North America and delivered the international MI 'training new trainers' (TNT) programme in Barcelona (June, 2009) and Krakow (October 2013).

## Cost:

NIPC Alliance Members Rate: **€200**

Standard Rate: **€250**

Includes light lunch & refreshments

Join the NIPC Alliance  
today for **FREE**

**Log on to [www.nipc.ie](http://www.nipc.ie)**

CPD applied for (NMBI/ICGP)

To book your place, log on to [www.nipc.ie/shortcourses](http://www.nipc.ie/shortcourses)

Further details:

Training & Education **091 893299** or email [info@nipc.ie](mailto:info@nipc.ie)