



NIPC National Institute for
Preventive Cardiology

Motivational Interviewing

Level 2 Certificate

2-Day Expert Training in Advanced Motivational Interviewing

Equipping practitioners to strengthen and extend their skills in the application of Motivational Interviewing to successfully manage more complex behaviour change. On successful completion participants are able to progress to the Level 3 (Advanced) Certificate. Level 3 graduates can subsequently access training to become a Motivational Interviewing Network Trainer (MINT) – an internationally recognised training body. These courses are certified by The National Institute for Preventive Cardiology (NIPC) and MINT.

Croí Heart & Stroke Centre
Moyola Lane, Newcastle, Galway

PLACES LIMITED - AVAILABLE ON FIRST-COME, FIRST-SERVED BASIS



Changing Lifestyle: How to Make Every Patient Contact Count through MI

This course is designed for practitioners, who already have introductory knowledge and understanding of MI technical and relational skills. The workshops are designed specifically to develop more advanced technical skills in eliciting behaviour change. Topics include:

- Advanced skills in client engagement and evoking health behaviour change
- Managing change talk in more complex scenarios
- Dealing with ambivalence and successfully managing resistance
- Guidelines in the application of advanced MI practice

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

For more information contact:

Annette Cullen on **091 893516** or **info@nipc.ie**

Join the NIPC Alliance today for **FREE**.
Log on to www.nipc.ie

Recognised for 10.5 CPD Credits (ICGP and NMBI)

To book your place log on to **www.nipc.ie/shortcourses**