

February, March, May, August 2022

Motivational Interviewing for Beginners

- This short course is aimed at developing beginner's proficiency in motivational interviewing. Motivational interviewing is a client centered counselling tool empirically proven to be effective in facilitating health behavior change in a variety of contexts. The course is aimed at professionals dealing with health-related behavior change e.g., adherence, sexual behavior, physical activity, smoking, substance abuse, healthy eating etc.
- The course will be facilitated online via Zoom. Participants are required to attend all 9 sessions as the course is designed with each session building on the next.
- Each session will be 2 hours in duration with regular breaks. The course is highly interactive and draws on real play and simulation exercises.
- The MI Intermediate course is a follow up competency course that assesses proficiency in the application on Motivational Interviewing. It comprises of 4 morning online sessions after completion of the Beginners course.
- The workshop will be offered by Ms Loren Human.



The cost of the course is **R6500** per participant.

To register your interest for the course and to obtain an application form please send an email to Ms Cindy Harley in the Division of Family Medicine and Primary Care cindyp@sun.ac.za Tel: 021 938 9395

Places will be limited to the first 15 paid applicants.

Further information from Loren Human lorenj@sun.ac.za