

# Motivational interviewing for beginners

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**Stellenbosch University**  
**Tygerberg Campus**  
**Cape Town**  
**4,5 & 6 March 2020**



This short course is aimed at developing beginning proficiency in motivational interviewing. Motivational interviewing is an approach to helping people with behaviour change. The course is aimed at professionals dealing with health related behaviour change e.g. adherence, sexual behaviour, physical activity, smoking, substance abuse, healthy eating.

Participants should commit to attend the initial 3-day workshop and at least three of the four half-day follow up sessions (Dates to be confirmed) to fully integrate the training into your practice. A Certificate of Competency from Stellenbosch University will be awarded to those who complete the whole course and demonstrate their ability in motivational interviewing.

The workshop will be offered by Ms Loren Human, who is an experienced trainer in South Africa and member of the International Network of Trainers of Motivational Interviewing.

The cost of the course is **R7000** and worth 15 credits at NQF level 8.

To register your interest for the course and to obtain an application form please send an email to Ms Marianna James in the Division of Family Medicine and Primary Care [mariannaj@sun.ac.za](mailto:mariannaj@sun.ac.za) Tel: 021 938 9395

Places will be limited to the first 25 paid applicants

Further information from Loren Human [lorenj@sun.ac.za](mailto:lorenj@sun.ac.za)