



Motivational Interviewing Course



GENERAL COURSE INFORMATION:

This course provides training on approaches designed to help individuals build commitment and develop decision making abilities.

A structured approach is used to explore the decision making process in a relaxed atmosphere.

Areas covered are:

Client-centred counselling

Cognitive therapy

Systems therapy

Social psychology of persuasion

A combination of directive and non-directive approaches used.

Duration: This course is run over a 2 day period and can be run in the Cavan Centre or can be Dublin based.

Please call Celine on 049 8544436 or email: info@cavancentre.ie