

# Training and Development Programme

August 2007

## 'Motivational Interviewing'

CFSR members and volunteers attended a training and development programme offered by the Apex Scotland. The training courses offered were 'Motivational Interviewing'. The principles of the course were to understand the thought process related to the problem, to identify and measure the emotional reactions to the problem, to identify how thoughts and feelings interact to produce the patterns in behaviour, and to challenge thought patterns and implement alternative behaviours. The group learnt about motivation factors such as recognition, achievement, work itself, responsibility, advancement/promotion, good management. A cognitive behavioural technique that aims to help individuals identify and change behaviours that may be preventing them from employment was also learnt by the group.



Please turn over for newspaper coverage on the event