



Module Specification

Motivational Interviewing: Strategies for Lifestyle Changes

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Part 1: Information

Module title: Motivational Interviewing: Strategies for Lifestyle Changes

Module code: UZZRWT-20-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 20

ECTS credit rating: 10

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Mental Health and Learning Disability

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: Yes

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: The module aims to provide students with the knowledge, skills, and principles of Motivational Interviewing strategies. This will enable healthcare professionals to utilise Motivational Interviewing Skills to engage clients/ patients and promote health behaviour change

Outline syllabus: Change Processes: Overview of the stages of change model, (Prochaska and DiClemente (1998)), change and motivation, engaging service users and carers in the process, joint working between Social Services and the National Health Services.

Motivational Interviewing and Enhancement Therapy: Principles and theoretical basis for Motivational Interviewing, styles of working, the therapeutic alliance, techniques, goals and evidence base for working with addictions, eating disorders, forensic work and in mental health promotion.

Specialist Applications: Working with specialist user groups: focusing interventions and techniques to applying techniques to the needs of individuals with addictions, eating disorders, forensic issues and to integrating MI within overall plans of care.

Health Promotion and Relapse Prevention: Collaborative working, techniques of relapse prevention, maintenance and termination of contact, supervision issues, outcome measurement.

Part 3: Teaching and learning methods

Teaching and learning methods: A variety of approaches will be used which will include:

Practice MI skills

Videoring of MI practice

Workshops

Lectures and Seminars

Enquiry based learning

Case based learning

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate the process of change from a patient and professional perspective, and its application to Motivational Interviewing.

MO2 To critically discuss which behaviours MI can be applied to the process of change, and its application to Motivational Interviewing

MO3 Critically analyse the stages of Motivational Interviewing, the relational foundation, focusing, change talk and future planning

MO4 Discuss and demonstrate where a client may be situated in the process of change and have an understanding and application of the appropriate interventions for each stage.

MO5 Critically review, reflect and evaluate the principles, evidence based theory, adaptations and application of motivational interviewing to clinical settings and impact on lifestyle change.

Hours to be allocated: 200

Contact hours:

Independent study/self-guided study = 152 hours

Face-to-face learning = 48 hours

Total = 200

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uzzrwt-20-m.html) via the following link <https://uwe.rl.talis.com/modules/uzzrwt-20-m.html>

Part 4: Assessment

Assessment strategy: This module has two assessment tasks; a practical assessment of motivational interviewing and a written critical reflection.

Practical assessment of Motivational Interviewing Strategies (live). This will involve standardised patients or facilitators role playing a client with a problem that requires a behavioural change. The student will demonstrate and apply MI skills in response to the presenting problem for a duration of 15 minutes demonstrating core

communication strategies and eliciting and responding to change talk.

Formative Assessment : There will be opportunities for demonstrating and applying Motivational Interviewing skills , using live role play, peer observation and supervision, and videos, during the scheduled teaching, followed with ongoing verbal feedback. A further additional formative assessment , is scheduled (post teaching) which aims to consolidate Motivational Skills with associated verbal feedback.

Evidence based critical reflective written assignment (1500 word) which will critically evaluate the underpinning principles and theory of motivational interviewing and their application to working with a clinical example of behaviour change. It will consider service innovation and personal development.

Formative assessment: Students will have an assignment workshop, where they will have the opportunity to plan an outline/ structure of the 1500 written assignment. Peer and facilitator feedback will be given.

Students will also have a seminar on critical writing and UWE Harvard referencing.

Assessment tasks:

Written Assignment (First Sit)

Description: 1500 word supporting paper

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Practical Skills Assessment (First Sit)

Description: 15 minutes live practical assessment of Motivational Interviewing Skills and Strategies.

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Written Assignment (Resit)

Description: 1500 word supporting paper

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Practical Skills Assessment (Resit)

Description: 15 minutes live practical assessment of Motivational Interviewing Skills and Strategies.

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Part 5: Contributes towards

This module contributes towards the following programmes of study: