



## **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:** UZZSWH-20-3

**Level:** Level 6

**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 long term conditions, lifestyle, 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** Describe and demonstrate the process of change from a patient and professional perspective, and its application to Motivational Interviewing.

**MO2** Describe and apply the stages of Motivational Interviewing processes: the relational foundation, focusing, change talk and future planning.

**MO3** 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.

**MO4** Apply and Review the principles, theory, adaptations and application of motivational interviewing to clinical settings.

**MO5** Critically evaluate the evidence base for Motivational Interviewing and its 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/uzzsw-20-3.html) via the following link <https://uwe.rl.talis.com/modules/uzzsw-20-3.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:**

#### **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 (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 (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

**Written Assignment (Resit)**

Description: 1500 word supporting paper

Weighting: 50 %

Final assessment: Yes

Group work: No

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

**Part 5: Contributes towards**

This module contributes towards the following programmes of study: