



MOTIVATING BEHAVIOUR CHANGE

HLTH430: Motivating Behaviour Change 1 – Auckland 2026

This foundational course introduces the core principles and skills of Motivational Interviewing (MI), emphasizing both theoretical understanding and practical application. Participants will explore ethical considerations and bicultural frameworks relevant to MI practice.

Location & Facilitator

This course will be delivered by the University of Canterbury at Massey University – Albany Campus, Auckland.

Teaching will take place in Room SNW 2.36, Sir Neil Waters Building.

The course will be taught by Ken McMaster, an experienced lecturer and practitioner with extensive expertise in motivational interviewing and health professional development.

Course Delivery & Schedule

HLTH430 is delivered through two intensive on-campus teaching blocks. Students are expected to attend all scheduled teaching days:

- Block 1: 8–10 April 2026
- Block 2: 22–24 June 2026

During these sessions, participants will engage in lectures, role-play exercises, self-reflection activities, and observed simulated practice to develop their Motivational Interviewing skills.

Learning Outcomes & Assessment

Participants will be able to:

- Describe the theoretical basis of MI and apply its techniques in clinical practice
- Evaluate the effectiveness of MI approaches
- Consider ethical and bicultural aspects in practice
- Critically reflect on their professional growth

Assessment methods include: a video-recorded simulated MI session, a reflective learning log, an audio-recorded self-coding exercise, and an essay on the ethical use of MI in an area of practice.

Prerequisites

None required.

Funding – Health New Zealand

For the 2026 academic year, UC has secured funding from Health New Zealand to support fees payment for talking therapies courses for some students. If you are a health professional working with people presenting with mental health and addictions conditions or in primary care, you may be eligible for funding. Please contact us to discuss your individual situation and eligibility.

Enrolment

To enrol, you must meet the entry requirements for the course. For advice on eligibility or enrolment, contact:

Faculty of Health | Te Kaupeka Oranga – Student Advisors

Email: studyhealth@canterbury.ac.nz
Phone: +64 3 369 0490



**Health
Oranga**