



Faculty of Health, Science and Technology
Public Health Science

Syllabus

Motivational Interviewing in Health Promotion

Course Code: FHAMI1

Course Title: Motivational Interviewing in Health Promotion
Motiverande samtal i Hälsofrämjande Arbete

Credits: 7.5

Degree Level: Master's level

Progressive Specialisation: Second cycle, has only first-cycle course/s as entry requirements (A1N)

Major Field of Study:
FHA (Public Health Sciences)

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2018-09-12, and is valid from the Spring semester 2019 at Karlstad University.

Prerequisites

At least 60 ECTS credits completed in higher education plus upper secondary school level Swedish 3 or B, or Swedish as a second language 3 or B, and English 6 or A, or equivalent

Learning Outcomes

Upon completion of the course, students should be able to:

- differentiate between various dimensions of health literacy and empowerment in relation to health promotion at the levels of society, system, organisation and individual,
- apply and critically reflect on Motivational Interviewing (MI) as a method to promote health behaviour change,
- give an account of theories of health promotion in different public arenas (school, health care, social care, social media, etc),
- assess the feasibility of and hindering factors in the implementation of health promotion initiatives.

Content

The course is offered part-time with lectures and seminars at on-campus meetings. The course aims to clarify the complexity involved in the implementation of health promotion in the interaction between society and the individual. The theoretical frames comprise health literacy, empowerment and salutogenic knowledge of health. Motivational Interview (MI) is used as a method, which is integrated with practical components and current research. Students implement health promotion through practice and practical components with a focus on supporting the client's behavioural change. Students actively monitor and support individual empowerment for attaining a healthier everyday life. Instruction includes practical and theoretical components in the form of group work, seminars and recurring reflection.

Reading List

See separate document.

Examination

Assessment is based on dialogue seminars, group seminars and individual take-home exams. The assessment of the implementation of the Motivational Interview method is continuous through the course. Individual feedback on the MI performance is provided at a group seminar.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

Second-cycle course for the Master programme in Health Sciences (VAMAS) with a public health science focus. The course is open to non-programme students.

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.