

Spring 2026 Morning Workshop – Motivational Interviewing

Friday 15 May 2026

Doubletree by Hilton Chester, CH2 3PD

Organisers: Dr Audrey Low, Dr Jenny Nixon

08:45 – 09:00 Coffee and registration (poster set-up*)

*(*if you are a poster presenter and attending both sessions, please feel free to set-up your poster on arrival)*

09:00 – 09:15 Welcome and housekeeping – Dr Audrey Low

09:15 – 10:45 Introduction to Motivational Interviewing (MI) – Dr Cathy Atkinson

10:45 – 11:15 Coffee break

11:15 – 12:30 Motivational Interviewing (Part 2) – Dr Cathy Atkinson

12:30 – 12:45 Q&A and final remarks

12:45 – 14:00 Lunch and networking

Learning objectives

- Highlights the relevance of MI to clinical consultations
- Provides a foundation for further learning and development of MI skills

Speaker biography

Dr Cathy Atkinson is a Reader in Educational and Child Psychology at the University of Manchester and Curriculum Director of the Doctorate in Educational and Child Psychology programme. She is an Health and Care Professions Council-registered Educational Psychologist with extensive experience working across educational and community settings. Cathy's research and practice focus on motivational interviewing, therapeutic work with children and young people, and the role of educational psychologists in supporting mental health and wellbeing. Cathy is a member of the international Motivational Interviewing Network of Trainers and is actively involved in training and developing practitioners, including leading initiatives to embed motivational interviewing within educational psychology services. She brings a strong emphasis on relational practice, supervision, and experiential learning, aligning closely with the spirit of motivational interviewing and the aims of this workshop. She is coauthor on the forthcoming text from Guilford on Motivational Interviewing in Severe Mental Health Care.