

MOTIVATIONAL INTERVIEWING: RESOURCE GUIDE

The resources below provide information on how individuals working in a variety of settings, including front-line staff at health plans and health systems (e.g., care managers, care coordinators, community health workers), as well as primary care providers, can use motivational interviewing. This guide supplements the **Integrated Care in Action: Foundations of Motivational Interviewing** podcast, which can be found on the Resources for Integrated Care website:

https://resourcesforintegratedcare.com/member-engagement/motivational_interviewing/motivational_interviewing_podcast

Please note that some of the resources listed below may have an associated cost.

GENERAL RESOURCES AND GUIDES

The Motivational Interviewing Network of Trainers

The Motivational Interviewing Network of Trainers (MINT), a professional organization of independent trainers, provides motivational interviewing resources including training exercises and publications, as well as shared practice and meeting opportunities.

<https://motivationalinterviewing.org>

Motivational Interviewing Resources and Webinars

This Substance Abuse and Mental Health Services Administration & Health Resources and Service Administration (SAMHSA-HRSA) Center for Integrated Health Solutions webpage contains multiple resources related to understanding and implementing motivational interviewing in a variety of settings. Resources included online courses, webinars, guides, and other publications.

<https://www.integration.samhsa.gov/clinical-practice/motivational-interviewing#resources>

Key Components of Motivational Interviewing

This resource, developed by the Pennsylvania Departments of Health and Drug and Alcohol Programs, provides an overview of the key components of motivational interviewing. This resource provides information on the spirit of motivational interviewing; the key skills of motivational interviewing, including open-ended questions, affirmations, reflections, and summaries (known as OARS); and other helpful strategies.

https://www.health.pa.gov/topics/Documents/Programs/PDMP/6-PDMP_Motivational-Interviewing_F.pdf

Motivational Interviewing Reminder Card (Am I Doing This Right?)

The Motivational Interviewing Reminder Card, developed by the Center for Evidenced-Based Practices at Case Western Reserve University, is a quick reference guide for motivational interviewing. The questions on this card help to build self-awareness about attitudes, thoughts, and communication styles, and aid providers in encouraging clients' motivation for change.

 <https://www.centerforebp.case.edu/client-files/pdf/miremindercard.pdf>

Enhancing Motivations for Change in Substance Abuse Treatment: Chapter 3 - *Motivational Interviewing as a Counseling Style*

In this Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Improvement Protocol (TIP), Chapter 3 (*Motivational Interviewing as a Counseling Style*) discusses the key principles of motivational interviewing, ways to address ambivalence, and other motivational interviewing strategies. This TIP also includes information on the effectiveness of motivational interviewing, and discusses the application of motivational interviewing in managed care settings.

 <https://store.samhsa.gov/system/files/sma13-4212.pdf>

COURSES

A Quick Introduction to Motivational Interviewing

This course, through the Center for Integrated Primary Care (CIPC) at the University of Massachusetts Medical School, provides an introduction to motivational interviewing. This low-cost, hour-long course provides an overview of the basic structure, aims, and history of motivational interviewing.

 <https://www.umassmed.edu/cipc/motivational-interviewing/intro-to-mi/>

A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavioral Change

This self-paced, four-hour course, through the University of Missouri – Kansas City School of Nursing and Health Studies' Mid-America Addiction Technology Center (Mid-America ATTC), provides an overview of motivational interviewing and covers the essential skills used to strengthen an individual's motivation for change. This course is available by registering for a free account, and continuing education credit is available.

 <https://attcnetwork.org/node/2892>

BOOKS


Client-Centered Therapy: Its Current Practice, Implications and Theory

This book, by Carl Rogers, provides a practical guide for counselors and therapists, and discusses client-centered counseling techniques. Topics include the role of non-directive counseling and therapy, the importance of unconditional positive regard, and teaching and training techniques for counselors and therapists.

 <https://psycnet.apa.org/record/1952-01516-000>

Motivational Interviewing: Helping People Change

This book, by Stephen Rollnick, William R. Miller, and Theresa B. Moyers, outlines the four processes of motivational interviewing, provides examples of motivational interviewing in action, and highlights the importance of respect and compassion for clients. The book provides interview examples that illustrate successful implementation of motivational interviewing in diverse contexts.

 <https://www.guilford.com/books/Motivational-Interviewing/Miller-Rollnick/9781609182274>

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The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to help beneficiaries dually eligible for Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This guide is intended to support health plans and providers in integrating and coordinating care for Medicare-Medicaid beneficiaries. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to <https://www.resourcesforintegratedcare.com>. Please submit any feedback on this guide or topic suggestions for other resources to RIC@Lewin.com.