

## Motivational Interviewing Quick Reference

### Recommended Key Resources:

#### **Top 2 choices for busy professionals**

Miller, W.R. & Rollnick, S. (2009). Ten things that Motivational Interviewing is not. *Behavioural and Cognitive Psychotherapy*, 37, 129-140.

This 11-page article is well worth the read. Twenty-six years after the first paper published on MI, Miller and Rollnick write to clarify many misunderstandings that have arisen about the approach. For example, one common point of confusion is the relationship between MI and the trans-theoretical model of change – they are not one in the same, and MI is not based on the model. Miller and Rollnick clearly and succinctly dispel many myths and offer a revised definition based on the ever evolving research and understanding of MI.

Strongly recommended for those new to MI and may be particularly helpful to those with some familiarity.

Rollnick, S., Butler, C.C., McCambridge, J., Kinnersley, P., Elwyn, G., Resnicow, K. (2005). Consultations about changing behaviour. *British Medical Journal*, 331, 961-963.

This 3-page article contrasts directing and guiding consultation styles. It argues that a guiding style is most helpful in supporting health behaviour change. The guiding style is reflective of a Motivational Interviewing approach. Core skills are outlined and helpful examples provided.

Brief and practical, this article is a great starting point for the busy professional.

#### **Research articles**

Floyd, R. L., Sobell, M., Velasquez, M. M., Ingersoll, K., Nettleman, M., Sobell, L., et al. (2007). Preventing alcohol exposed pregnancies: A randomized control trial. *American Journal of Preventive Medicine*, 32(1), 1-10.

This 10-page article describes a randomized, controlled trial documenting the benefits of brief motivational interviewing in preventing alcohol-exposed pregnancies by focusing on changes in alcohol use and/or contraception. A detailed description of the intervention is provided.

Hettema, J., Steele, J., Miller, W.R. (2005). Motivational Interviewing. *Annual Review of Clinical Psychology*, 1, 91-111.

This 20-page meta-analysis summarizes the findings of 72 clinical trials across a range of health areas. Of note, effect sizes of MI were shown to be larger with ethnic minority populations and when the practice was not guided by a manual. Comments are also offered on learning and developing a theory of MI.

Beyond the findings, the introduction to this paper provides an excellent summary of MI worth reading.

Rubak, S., Sandboek, A., Lauritzen, T., Christensen, B. (2005). Motivational Interviewing: A systematic review and meta-analysis. *British Journal of General Practice*, April, 305-312. Download at <http://motivationalinterview.org/library/RubakMIreview.pdf>

This 7-page systematic review highlights that MI can be done in brief encounters; that it can be learned (it is not dependent on professional background); and that it has been found to be more effective than traditional advice-giving. Helpful for researchers – for others, it may be too detailed.

### **Books**

Rollnick, S., Miller, W.R., & Butler, C.C. (2008). *Motivational Interviewing in Health Care: Helping Patients Change Behavior*. New York: The Guildford Press. \*First chapter and table of contents available at [www.motivationalinterview.org](http://www.motivationalinterview.org).

If you were going to purchase one book, consider this most recent publication. The authors have done an excellent job of translating MI into a language easily understood by health professionals in various contexts. MI is described as a method of communication and situated in relation to everyday health conversations. The authors clearly outline three communication styles: guiding, directing and following. Along with three core skills: asking, listening, and informing. Concrete examples and useful strategies are described throughout the book.

Paperback, 210 pages, \$25.00 US from Guildford, Order from the Publications link on the MI website ([www.motivationalinterview.org](http://www.motivationalinterview.org)).

### **DVDs**

Engaging Motivation 2. (2008). Pip Mason Consultancy Ltd. Cognition Associates. For more information go to [www.pipmason.com](http://www.pipmason.com)

The DVD is divided into 4 sections: 1) Scenarios, 2) Core skills, 3) Principles and strategies, 4) Client talk. The 6 scenarios cover a range of areas including health, vocational and probation. There is one interaction between a midwife and a pregnant woman in which they have a conversation about her smoking. The midwife very skillfully rolls with resistance and works to understand the woman's perspective. The end result is a shift from resistance and sustain talk to a conversation around core values and reasons why she might be able to make a change.

Order from the UK at [www.pipmason.com](http://www.pipmason.com). The cost is £38.50 + £3.50 shipping.

Motivational Interviewing Training Video: A Tool for Learners. (2009). J. Hettema. Land of Enchantment Productions . For more information: [www.mittrainingvideo.com](http://www.mittrainingvideo.com)

This DVD contains over 4 hours of educational material, including 12 scenarios on a range of health topics, analysis of each interaction and an interview with Dr. Miller on the origins and directions of MI. There are two specific scenarios with women in childbearing years. In the first, the woman is pregnant and in conversation with a counselor about her methamphetamine use. The second scenario demonstrates a MI conversation in a cultural context with a young woman arrested for driving under the influence of alcohol.

With the broad scope of examples, this DVD would be appropriate for a wide audience of health and social service professionals.

The DVD can be ordered from [www.mittrainingvideo.com](http://www.mittrainingvideo.com) Regular price: \$150.00 US | Discounted price: \$125.00\* US (Offered to non-profit and educational organizations.)

### **Website**

Motivational Interviewing [www.motivationalinterview.org](http://www.motivationalinterview.org)

This website is the hub of the MI community. Listings include key documents on clinical issues and research, updates on training materials and DVDs, and training information.

### **Learning MI**

Miller, W. R., & Moyers, T. B. (2006). Eight stages in learning Motivational Interviewing. *Journal of Teaching in the Addictions*, 5(1), 3-17.

There is often an expectation that 2 days training is sufficient to learn MI. Dr. Miller, however, has likened the process to learning a musical instrument or a sport; it takes coaching and practice to become proficient.

This article outlines the key MI learning elements and may be helpful to those considering training for themselves or their programs. Also helpful in articulating the necessary elements for learning MI as it relates to research and funding proposals.