

## Motivational Interviewing Resource List

### **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).

Arkowitz, H., Westra, H.A., Miller, W.R., Rollnick, R. (eds). (2008). *Motivational Interviewing in the Treatment of Psychological Problems*. New York: Guildford Press. \*First chapter and table of contents available at [www.motivationalinterview.org](http://www.motivationalinterview.org).

Miller, W. R., & Rollnick, S. (2002). *Motivational Interviewing: Preparing People for Change* (2<sup>nd</sup> ed.). New York, NY: The Guilford Press. \*First chapter and table of contents available at [www.motivationalinterview.org](http://www.motivationalinterview.org).

Rollnick, S., Mason, P., Butler, C. (1999). *Health Behaviour Change: A Guide for Practitioners*. London: Churchill Livingstone.

Dunn, C.W. & Rollnick, S. (2003). *Rapid Reference to Lifestyle & Behavior Change: Rapid Reference Series*. London, UK: Elsevier Limited.

### **Manuals**

Ingersoll, K., Wagner C., Gharib, S. *Motivational Groups for Community Substance Abuse Programs*. Virginia: Mid-Atlantic Addiction Technology Transfer Center. For more information go to <http://www.motivationalinterview.org/news/groupguide.html>.

Provincial Women's DEW/Problem Gambling Training. (2002). Provided by The Problem Gambling Program; Ministry of Health Services. Download at [www.hcip-bc.org](http://www.hcip-bc.org).

Tomlin, K., Walker, R. D., Grover, J., Arquette, W. & Stewart, P. (2005). *Motivational Interviewing: Enhancing Motivation for Change—A Learner's Manual for the American Indian/Alaska Native Counselor*. One Sky National American Indian Alaska Native Resource Center for Substance Abuse Services Oregon Health and Science University Portland, Oregon. Download at <http://www.oneskycenter.org/education/documents/MotivationalInterviewing1.pdf>

Tomlin, K., Walker, R. D. & Grover, J. (2005). *Trainer's Guide to Motivational Interviewing: Enhancing Motivation for Change—A Learner's Manual for the American Indian/Alaska Native Counselor*. One Sky National American Indian Alaska Native Resource Center for Substance Abuse Services Oregon Health and Science University Portland, Oregon. Download at <http://www.oneskycenter.org/education/documents/AmericanIndianTrainersGuidetoMotivationalInterviewing.pdf>

Velasquez, M.M., Maurer, G.G., Crouch, C., DiClemente, C.C. (2001). *Group Treatment for Substance Abuse: Stages-of-Change Therapy Manual*. New York: The Guildford Press.

Venner, K.L., Feldstein, S. & Tafoya, N. (2006). Native American Motivational Interviewing: Weaving Native American and Western Practices. Download at <http://casaa.unm.edu/mimanuals.html>

### **DVD's**

Engaging Motivation 2. (2008). Pip Mason Consultancy Ltd. To order: [www.pipmason.com](http://www.pipmason.com)

Health Behaviour Change. (2001). Cardiff University, Cardiff. To order: [www.jeffallison.co.uk](http://www.jeffallison.co.uk)

MI in Practice: The Edinburgh Interview. (2006). Jeff Allison Training Limited. To order: [www.jeffallison.co.uk](http://www.jeffallison.co.uk).

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

Motivational Interviewing Professional Training DVD. (1998). For information : [www.motivationalinterview.org](http://www.motivationalinterview.org)

Supporting Change: Preventing FASD. (2008). British Columbia Centre of Excellence for Women's Health. To order : [www.carbc.ca](http://www.carbc.ca) under ActNow Products.

### **Websites**

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

Healthy Choices in Pregnancy [www.hcip-bc.org](http://www.hcip-bc.org)

### **Women, Childbearing Years & Substance Use**

Bryce, A. et al. (2008) CATCH: development of a home-based midwifery intervention to support young pregnancy smokers to quit. *Midwifery*, doi:10.1016/j.midw.2007.10.006.

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.

Floyd, R., O'Connor, M., Sokol, R., Bertrand, J., & Cordero, J. (2005). Recognition and prevention of fetal alcohol syndrome. *Obstetrics & Gynecology*, 106(5 Part 1), 1059-1064.

Geller, J., Brown, K. E., & Srikantharajan, S. (2007). Motivational Approaches to Assessing and Treating Women with Disordered Eating and Substance Use Problems. In N. Poole & L. Greaves (Eds.), *Highs and Lows: Canadian Perspectives on Women and Substance Use*. Toronto, ON: Centre for Addiction and Mental Health.

Handmaker, N.S., & Wilbourne, P. (2001). Motivational interventions in prenatal clinics. *Alcohol Research and Health*, 25(3), 219-229.

Ingersoll, K., Floyd, L., Sobell, M., & Velasquez, M. M. (2003). Reducing the risk of alcohol exposed pregnancies: A study of a motivational intervention in community settings. *Pediatrics*, 111(5), 1131-1135.

Ingersoll, K. S., Ceperich, S. D., Nettleman, M. D., Karanda, K., Brocksen, S., & Johnson, B. A. (2005). Reducing alcohol exposed pregnancy risk in college women: Initial outcomes of a clinical trial of a motivational intervention. *Journal of Substance Abuse Treatment*, 29(3), 173-180.

LaBrie, J.W., et al. (2008). A randomized motivational enhancement prevention group reduces drinking and alcohol consequences in first-year college women. *Psychology of Addictive Behaviors*, 22(1), 149.

Thyrian, J.R. et al. (2007). Adherence to the principles of Motivational Interviewing, clients' characteristics and behaviour outcome in a smoking cessation and relapse prevention trial in women postpartum. *Addictive Behaviours*, 32, 2297 – 2303.

Tollison, S.J., et al. (2008). Questions and Reflections: The Use of Motivational Interviewing Microskills in a Peer-Led Brief Alcohol Intervention for College Students. *Behavior Therapy*, 39(2), 183.

Yahne, C.E. (2004). Motivational Interviewing and a home for the Magdalenas. *Minuet*, 11(2), 17-18.

Yahne, C.E., Miller, W.R., Irvin-Vitela, L., & Tonigan, J.S. (2002). Magdalena pilot project: Motivational outreach to substance abusing women street sex workers. *Journal of Substance Abuse Treatment*, 23, 49-53.

### **Contraception & Breastfeeding**

Bandura-Cowley, C., Farley, T., Beamis, K. (2002). "Well, maybe I'll try the pill for just a few months..." Brief motivational and narrative-based interventions to encourage contraceptive use among adolescents at high risk for early childbearing. *Families, Systems & Health*, 20(2), 183-204.[1]

Petersen, R. et al. (2007). Pregnancy and STD Prevention Counseling Using an Adaptation of Motivational Interviewing: A Randomized Controlled Trial. *Perspectives on Sexual and Reproductive Health*, 39(1), 21-28.

Wilhelm, S.L., et al. (2006). Motivational Interviewing to promote sustained breastfeeding. *JOGNN*, 35 (3), 340-348.

Wilhelm, S.L., et al., (2008). Influence of intention and self-efficacy levels on duration of breastfeeding for Midwest rural mothers. *Applied Nursing Research*, 21(3), 123-130.

### **Women, Violence & Trauma**

Burman, S. (2003). Battered women: Stages of change and other treatment models that instigate and sustain leaving. *Brief Treatment and Crisis Intervention*, 3(1), 83-98.

Corcoran, J. & Bell, H. (2005). The strengths-and-skills-building model: Application to women in violent relationships. In J. Corcoran (Ed.), *Building Strengths and Skills: A Collaborative Approach to Working with Clients*. New York, New York: Oxford University Press.

D'Amico, J.B. & Nelson, J. (2008). Nursing care management at a shelter-based clinic: An innovative model for care. *Professional Case Management*. 13(1):26-36.

Hughes, M. J., & Rasmussen, L. A. (2007). The utility of Motivational Interviewing in domestic violence shelters: A qualitative exploration. (In process).

Kramer, A. (2007). Stages of change: Surviving intimate partner violence during and after pregnancy. *Journal of Perinatal and Neonatal Nursing*, 21(4), 285-295.

Ogle, R.L. & Baer, J.S. (2003). Increasing substance abuse treatment engagement using personalized feedback interventions in heavy-using female domestic violence shelter residents. *Journal of Interpersonal Violence*, 18(11), 1311-1324.

Owen, K. & Hohman, M. (2008). The use of Motivational Interviewing with domestic violence survivors. Graduate thesis (In process).

Rasmussen, L.A., Hughes, M. J., & Murray, C. (2008). Applying Motivational Interviewing in a domestic violence shelter: A pilot study evaluating the training of shelter clinical staff. *Journal of Aggression, Maltreatment, and Trauma*, 17 (3), 1-22.

Wahab, S. (2004). Privilege and resistance within the domestic violence movement. *Minuet*, 11(2), 15-17.

Wahab, S. (2005). Motivational Interviewing and Social Work Practice. *Journal of Social Work*, 5(1), 45-60.

Wahab, S. (2006). Motivational Interviewing: A client centered and directive counseling style for work with victims of domestic violence. *Arete*, 29(2), 11-22.

## **Reviews**

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

Parkes, T., Poole, N., Salmon, A., Greaves, L. & Urquhart, C. (2008). Double Exposure: A Better Practices Review on Alcohol Interventions during Pregnancy. Vancouver, BC: British Columbia Centre of Excellence for Women's Health. Download at [www.hcip-bc.org](http://www.hcip-bc.org) or order from [www.carbc.ca](http://www.carbc.ca) under ActNow products.

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>

## **Learning MI**

Madson, M.B., Loignon, A.C., Lane, C. (2008). Training in Motivational Interviewing: A systematic review. Journal of Substance Abuse Treatment. In Press, Corrected Proof.

Miller, W.R., Yahne, C.E., Moyers, T.B, Martinez, J., Pirritano, M. (2004). A randomized trial of methods to help clinicians learn Motivational Interviewing. Journal of Consulting and Clinical Psychology, 72(6), 1050-1062.

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

## **Systems & Supervision**

Miller, W.R. (2006). What's new? MINT Bulletin, 13(1), 17-21. (Download at <http://motivationalinterview.org/mint/MINT13.1.pdf>)

Miller, W.R. (2006). Can organizations be MINTy? MINT Bulletin, 13(2), 1-2. (Download at <http://motivationalinterview.org/mint/MINT13.2.pdf>)

Martino, S., Ball, S.A., Gallon, S.L., Hall, D., Garcia, M., Ceperich, S., Farentinos, C., Hamilton, J., and Hausotter, W. (2006). Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency. Salem, OR: Northwest Frontier Addiction Technology Transfer Center, Oregon Health and Science University. Download at <http://motivationalinterview.org/library/MIA-STEP.pdf>

Prescott, D. (2008). Charting courses: MI and supervision. MINT Bulletin, 14(1), 9-13. (Download at <http://motivationalinterview.org/mint/MINT14.1.pdf>)

**Please note: This list is not a comprehensive review of the literature, rather a selection of readings that might be of interest.**