

Resources and References

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Resources for Learning More

Guilford Press MI series: <https://www.guilford.com/browse/psychology-psychiatry-social-work/applications-motivational-interviewing-series>

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- Rosengren D. Building Motivational Interviewing Skills: A practitioner workbook. New York: Guilford Press; 2009.
- Steinberg M, Miller W. Motivational Interviewing in Diabetes Care. New York: Guilford Press; 2015.

Miller W, Rollnick S. *Motivational Interviewing: Helping people change*. 3rd ed. New York: Guilford Press; 2012.

William Miller and Stephen Rollnick are the original developers of Motivational Interviewing. This text is the primary source for information about what MI is and how to do it.

MINT website: motivationalinterviewing.org

This website is the home of the international group Motivational Interviewing Network of Trainers. This site includes a search engine for MI literature, videos, training materials and links to MINT meetings.

MI videos: wide range of quality

A search of YouTube using “Motivational Interviewing” will turn up hundreds of videos. Some are excellent examples of MI, and many are made by students who are learning MI. Many are using outdated language and evidence about MI. When you watch a video, refer to the Attitude, Skills and Strategies you’ve learned and consider how these were applied to what you are watching. Some of the better MI Videos are those under “Merlo Lab” and any with Denise Ernst (<https://www.youtube.com/user/MerloLab>).

Reims K, Ernst D. Using Motivational Interviewing to promote healthy weight. *Fam Pract Manag*. 2016 Sep-Oct;23(5):32-38. <https://www.aafp.org/fpm/2016/0900/p32.html>.

This article describes six key skills for having conversations with patients about obesity and healthy weight, adapted from motivational interviewing and the evidence on which it is based.

References

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