

Motivational Interviewing Annotated Bibliography

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*Asterisk denotes free content.

BOOKS

Fuller, C., & Taylor, P. (2008). *A toolkit of motivational skills: Encouraging and supporting change in individuals* (2nd ed.). New York: Wiley.

Guide for motivational interviewing skills, including chapters on listening skills, developing desire to change, and overcoming roadblocks to change. Also contains transcript examples and worksheets, and can provide useful practice for readers with varying levels of familiarity with Motivational Interviewing.

Hohman, M. (2012). *Motivational Interviewing for social work practice* (2nd ed.). New York: Guilford Press.

Highlights the value of Motivational Interviewing in various aspects of social work practice, with case vignettes. Applies the major phases of MI, from assessment to developing discrepancy and rolling with resistance, to different kinds of social work practice to show their utility both inside and outside a traditional counseling practice.

Matulich, B. (2013). *How to do Motivational Interviewing: A guidebook* (2nd ed.). Publisher: Author.

Affordable, concise e-book on the principles and techniques of Motivational Interviewing. This volume might serve as a useful introduction for someone curious about the basics of MI and its potential fit with her practice.

Miller, W., & Rollnick, S. (2013). *Motivational Interviewing : Helping people change (3rd ed.)*. New York: Guilford Press.

Most recent edition of the first detailed description of MI's principles and clinical application, first published in 1991. This volume can be a useful practice guide, with examples and transcripts demonstrating every major concept, but may be too detailed and general in its application for someone looking for a quick overview or social work-specific explanation.

Naar-King, S., & Suarez, M. (2010). *Motivational Interviewing with adolescents and young adults (1 edition)*. New York: The Guilford Press.

Reviews Motivational Interviewing's uses for common issues with adolescents, including truancy and substance abuse. The book also provides an abbreviated introduction to MI, but readers looking for a better acquaintance with the approach and its principles might supplement it with another volume.

VIDEOS

***Clinical Training Institute (n.d.). *Clinical Training Institute videos*. United States: Clinical Training Institute. Retrieved from <http://www.motivationalinterviewing.info/video/>**

Four free MI demonstrations, ranging in length from seven minutes to half an hour, and one video on the spirit of MI. These role plays are limited to traditional counseling contexts, but might prove useful to learners looking for a demonstration of what MI looks like.

Cole, C. (2012). *Motivational Interviewing step by step [DVD or streaming]*. United States: Psychotherapy.net. Retrieved from <http://www.psychotherapy.net/video/motivational-interviewing-series>.

Motivational Interviewing guide divided into three phases: increasing importance, resolving ambivalence, and building confidence. Sample interviews, some excerpted and some full-length, take place with a variety of clients across the lifespan and treatment context. This series would be particularly relevant for child welfare workers who practice directly with adolescents and young adults.

***Matulich, B. (2013). *Introduction to Motivational Interviewing* [Video file]. Retrieved from <https://www.youtube.com/watch?v=s3MCJZ7OGRk>**

Slide presentation providing an overview of Motivational Interviewing and core techniques, with useful lists and examples.

Miller, W. R. (2009). *Motivational Interviewing: Facilitating change across boundaries.

Presentation at the fourth annual Health Disparities Conference, New York, NY.

Retrieved from <https://www.youtube.com/watch?v=6EeCirPyq2w>

Hour-long speech from William R. Miller, PhD, on the history, foundations, and philosophy of Motivational Interviewing.

Miller, W. R., Moyers, T. B., & Rollnick, S. (2013). *Motivational Interviewing: Helping people change* [DVD or streaming]. United States: Change Companies. Retrieved from https://www.changecompanies.net/motivational_interviewing.php

Comprehensive video guide to Motivational Interviewing, with 14 sample interviews and annotated transcripts, though only one of the interviews relates specifically to mandated clients.

***HANDOUTS AND OTHER RESOURCES**

All sources listed here are free.

Community Care of North Carolina (2013). *CCNC Motivational Interviewing guide.*

Raleigh, NC: Community Care of North Carolina. Retrieved from

<https://www.communitycarenc.org/media/files/mi-guide.pdf>

Provides detailed explanations of various MI techniques and their fit according to the stage of work with the client. This guide also includes several helpful lists, such as stems for reflective listening, and graphics.

Dvoracek, C. (2007). *Curriculum guide: Motivational Interviewing*. Denver, CO: Rocky Mountain Quality Improvement Center. Retrieved from <http://www.americanhumane.org/assets/pdfs/children/pc-rmqic-ptp-guide.pdf>

Motivational Interviewing curriculum, divided into seven modules, with several activities and handouts. This guide might be useful to supplement staff trainings in MI.

EckMaahs, S. (n.d.). *Motivational Interviewing: Ten strategies for promoting change talk*.

Retrieved from <http://www.motivationalinterviewing.org/sites/default/files/Ten%20Strategies%20for%20Evoking%20Change%20Talk%20Sue%20EckMaahs.pdf>

One-page handout useful for reminding practitioners how to evoke change talk in clients, in a way consistent with MI values.

Ingersoll, K. S., Wagner, C. C., & Gharib, S. (2002). *Motivational groups for community substance abuse programs* (2nd ed.). Richmond, VA: Mid-Atlantic Addiction Technology Transfer Center. Retrieved from <http://people.uncw.edu/ogler/MI%20Groups%20for%20Com%20SA%20Prog.pdf>

Comprehensive guide to use of MI techniques and skills in different group practice settings.

Though this publication is intended for practitioners working in substance abuse group treatment, it contains several worksheets that might be of use to practitioners working with individuals on a range of issues.

Kruszynski, R., Kubek, P. M., Myers, D., & Evenden, J. (2012). *MI reminder card (Am I doing this right?)*. Cleveland, OH: Center for Evidence-Based Practices at Case

Western Reserve University. Retrieved from <http://www.centerforebp.case.edu/client-files/pdf/miremindercard.pdf>

Printable reminder card of MI's core values.

Northern California Training Academy (n.d.). *Motivational interviewing in child welfare services*. Davis, CA: UC Davis Extension Center for Human Services. Retrieved from <http://humanservices.ucdavis.edu/Academy/pdf/131211.pdf>

Brief MI guide for a child welfare audience, though the examples are not child welfare-specific. Contains several helpful acronyms and examples, as well as an exploration of how social worker attitudes and approaches might actually increase ambivalence/resistance.

Sobell, L. C., & Sobell, M. B. (2008). *Motivational Interviewing strategies and techniques: Rationales and examples*. Retrieved from http://www.nova.edu/gsc/forms/mi_rationale_techniques.pdf

Brief overview of several MI techniques, mostly described through example. This publication could serve as a useful handout/review of MI strategies for practitioners who already have a grasp of MI's philosophy and values.

Tomlin, K., Walker, R. D., Grover, J., Arquette, W., & Stewart, P. (2014). *Motivational Interviewing: Enhancing motivation for change – a learner's manual for the American Indian/Alaska Native counselor*. Portland, OR: One Sky Center. Retrieved from <http://www.oneskycenter.org/wp-content/uploads/2014/03/LearnersManualforMotivationalInterviewing.pdf>

Comprehensive manual with several applications for integration of MI and Native values, culture, and approaches, as well as materials for tailoring both approaches for adolescents. Appendix also includes motivational strategies by stage of change, which might prove useful to practitioners working with other populations as well.

Venner, K. L., Feldstein, S. W., & Tafoya, N. (2006). *Native American Motivational Interviewing: Weaving Native American and Western practices*. Retrieved from <http://fdihb.org/files/downloads/nutrition/motivational-interviewing-resources/Native%20American%20MI%20Manual.pdf>

Guide for use of Motivational Interviewing with Native American clients, including annotated transcripts and contrasts with non-MI practices. The publication also includes tip sheets and reviews of MI techniques, which might also be useful for practitioners working with non-Native clients.

FINDING A MOTIVATIONAL INTERVIEWING TRAINER

Many Faces of Community Health (2011). *Minnesota MINT Trainers*. Retrieved from <http://www.manyfacesconference.org/con2011/workshop-motivinterview-trainers-resources-80kb.pdf>

List of certified MI trainers in Minnesota. Please note that the list was compiled in 2011 and might be out of date. The site below should contain more recent information.

Motivational Interviewing Network of Trainers. Retrieved from <http://www.motivationalinterviewing.org/motivational-interviewing-training>

International network of certified, independent Motivational Interviewing trainers. The site also includes a calendar of upcoming trainings.