

Recommended Resources for Extending your learning or supervising learning of MI skills
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MI LEARNERS' and SUPERVISOR'S GUIDE FOR MOTIVATIONAL INTERVIEWING Coaching and Education Ideas

Note to Supervisors – I recommend that you complete in person MI workshop skills-based training along with those you will supervise.

The notes below will guide you in extending learning through group discussion and individual participation.

You may adapt activities as needed to make them relevant for your staff.

Suggested follow-up activities for supervisors and staff

1. Lunch session discussion of specific MI skills
2. Watch free or purchased demonstration videos of MI skills with debriefing and discussion
3. Use of a formal measure, like the MIA Step, to code and coach MI skills
4. Review the training handouts and discuss areas of comfort vs. less comfort for the home visitor
5. Review the MI learning plan developed by each Home Visitor during the MI training
6. Review additional free and purchased materials referenced on this guide.

Note to Counselors—There are excellent learning tools available to extend your practice with MI after completing an additional workshop with a trainer who is a member of [MINT, the Motivational Interviewing Network of Trainers](#). I highly recommend David Rosengren's book, *Building Motivational Interviewing Skills*, a paperback self-teaching guide available from Amazon and other places (see reference list below).

There are also **many free resources**, listed below. Be aware that there are also plenty of bad imitations masquerading as MI! This list includes things I have reviewed and found to be consistent with MI.

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Additional Resources:

- Free Government-funded learning materials are available for downloading!
 - Enhancing Motivation for Change in Substance Abuse Treatment. Treatment Improvement Protocol (TIP) Series, No. 35., Center for Substance Abuse Treatment. Order from: <http://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Abuse-Treatment/SMA12-4212>
 - KAP Keys for Clinicians to enhance motivation for change. Order from: <http://store.samhsa.gov/product/Enhancing-Motivation-for-Change-in-Substance-Abuse-Treatment/SMA12-4091>
 - Clinician Quick Guide to Enhancing Motivation for change in Substance Abuse Treatment. Download from: http://162.99.3.213/products/tools/cl-guides/pdfs/QGC_35.pdf
 - Center for Substance Abuse Treatment., *Enhancing Motivation for Change Inservice Training*. DHHS Publication No. (SMA) 08-4190. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2006; reprinted 2008. This 239 page manual will provide you with guidance to review the TIP 35 and KAP Keys systematically in a series of inservice trainings for home visitors. Download the manual at: http://162.99.3.213/products/manuals/tipcurriculum/pdf/p_complete_manual.pdf

- Websites
 - <http://www.motivationalinterviewing.org/>
 - <http://www.samhsa.gov/occurring/topics/training/motivational.aspx>

- Documents
 - http://en.wikipedia.org/wiki/Motivational_interviewing

- Coding System
 - The MIA Step is a system developed for supervising MI skills. It is a large manual with a self-assessment and supervisor assessment materials. It can be downloaded or purchased on a DVD and printed at your site. Available at: <http://www.attcnetwork.org/explore/priorityareas/science/blendinginitiative/miastep/>

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- You Tube Talks and Demonstrations by MI Experts
 - Dr. William Miller, Motivational Interviewing: Facilitating Change at: <http://www.youtube.com/watch?v=6EeCirPyq2w&feature=c4-overview&playnext=1&list=TLxcuiLiWBkfg>
 - An introduction to Motivational Interviewing. A starting point in understanding the underlying theory and practice of Motivational Interviewing. This resource includes interviews with accomplished trainers, knowledgeable researchers and skilled practitioners covering a wide range of topics. Along with learning about MI, the DVD's include demonstrations of MI sessions in the areas of addiction, mental health, corrections and health care. Based on the research, practice and wisdom of William Miller & Stephen Rollnick. Available at: http://www.youtube.com/watch?v=cPd1aLOfwF4&feature=c4-overview&playnext=1&list=TLJm_LwTz4s-w
 - The Effective Physician Series by the Lisa Merlo Lab: See alternative methods for clinicians to help patients stop smoking, the confrontational method, and the MI-consistent method. Useful in brief consultation visits. At: <http://www.youtube.com/watch?v=URiKA7CKtfc&feature=c4-overview&playnext=1&list=TLNlo4p3b75jc>
 - A Taste of Motivational Interviewing: a few slides, with some nice demonstrations of using the OARS to facilitate a constructive conversation about change. At: <http://www.youtube.com/watch?v=sWc0g2K9LAI>
- Recommended Videos
 - Motivational Interviewing, A Tool for Learners. 2011. Available to purchase from: <http://mitrainingvideo.com/>
 - The Method of Motivational Interviewing. Stephen Rollnick. Purchase at: http://www.amazon.com/Method-Motivational-Interviewing-Stephen-Rollnick/dp/B00A00IEEY/ref=sr_1_4?ie=UTF8&qid=1373986336&sr=8-4&keywords=motivational+interviewing+dvd
 - 2 interviews to compare and contrast the MI vs. non-MI style in a probation setting. Available as free streaming video from: <http://nicic.gov/MotivationalInterviewing>
 - Motivational Interviewing Training Series, 1999, CASAA. 2 DVD set with classic demonstrations of MI by its founders. Purchase at: https://secure.touchnet.com/C21597_ustores/web/product_detail.jsp?PRODUCTID=212&SINGLESTORE=true

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- Primary Sources: Recommended Books
 - Miller W.R. and Rollnick S. (2013). *Motivational Interviewing: Helping People Change*. New York: Guilford Press
 - Rosengren, D.B., (2009). *Building Motivational Interviewing Skills: A Practitioner Workbook*. New York: Guilford Press.
 - Rollnick, S., Miller, W.R., and Butler, C. (2008). *MI in Healthcare*. New York: Guilford Press.
 - Wagner, C.C., and Ingersoll, K.S. (2013). *Motivational Interviewing in Groups*. New York: Guilford Press