

Motivational interviewing resources for further study

Books

Motivational Interviewing. Rollnick and Miller - This is the original textbook. It is a textbook so it is very scientific with many references and review of theories. The third edition is coming out shortly, so I would not buy the second edition now, unless you get a great deal.

Motivational Interviewing in Health Care. Rollnick, Miller, Butler – This is a more practical version than the text book which focuses more on the skills and strategies.

Building Motivational Interviewing Skills: A Practitioner Workbook. Rosengren. It provides you with the tools for a regular motivational interviewing study group. Meeting regularly with you coworkers you can discuss chapters and do exercises together that will lead you to greater proficiency.

DVDs

Motivational Interviewing: Professional Training Series, (Miller and Rollnick, 1998) – Thank God we have gotten away from VHS, because I would have worn this one out a long time ago. The founders of MI interview patients and discuss the techniques. This is a great resource for your own learning or learning in groups.

The above DVD and others can be purchased at:

<https://motivationalinterviewing.org/multimedia-resources>

Other workshops

The Motivational Interviewing Network of Trainers are an international group of professionals who have received certificates in both the study and teaching of motivational interviewing. They regularly conduct workshops in motivational interviewing both in the United States and abroad. Dr. Pinckney, is a member of this organization. A list of upcoming workshops are available at:

<http://www.motivationalinterviewing.org>