Additional

MOTIVATIONAL INTERVIEWING RESOURCES

Books
• Motivational Interviewing: Preparing People for Change, Miller & Rollnick, 3rd Ed, 2013.


Websites
• Motivational Interviewing Network of Trainers (MINT)
  www.MotivationalInterviewing.org

• Let’s Go!
  www.letsgo.org

Other web resources
• Motivational Interviewing Videos on YouTube™ through ProjectECHO (links below):
  • Five Part Series: https://www.youtube.com/channel/UCmwGG71uLREM-LQkvhwXBlxQ

DVDs
• Motivational Interviewing: Professional Training Series, Moyers, Miller & Rollnick, 1998
• BMI2: Brief Motivational Interviewing to Reduce Body Mass Index, University of Michigan, 2009.

This toolkit includes an easy-to-use Let’s Go! Motivational Interviewing Guide. This tool can be used to help you guide a conversation through Importance and Confidence Rulers, Change Talk, Values and Strengths, Reflective Listening, and Goal Setting.

This resource is adapted from Let’s Go! materials. www.letsgo.org.