

MOTIVATIONAL INTERVIEWING RESOURCES

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Books

- *Motivational Interviewing: Preparing People for Change*, Miller & Rollnick, 3rd Ed, 2013.
- *Motivational Interviewing in Health Care: Helping Patients Change Behavior*, Rollnick, Miller, & Butler, 2008.
- *Motivational Interviewing in the Treatment of Psychological Problems*, Arkowitz, Westra, Miller, Rollnick, 2nd Ed, 2015.

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/UCmwGG7IuLREM-LQkvhwXBIXQ>

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.

