



Motivational Interviewing:

A Review of Resources from the
Regional Nurse Specialists
January 2015



HealthTeamWorks:

HealthTeamWorks was founded as the Colorado Clinical Guidelines Collaborative (CCGC) to convene stakeholders to create evidence-based clinical guidelines for Colorado providers. As the organization expands its mission, we continue to develop new and revised guidelines as the foundation of quality care.

<http://www.healthteamworks.org/guidelines>

Motivational Interviewing Page:

Promoting health behavior change

Brief motivational interviewing techniques for primary care

Motivational interviewing (MI) supports health behavior change by helping individuals explore and resolve their ambivalence about change without evoking resistance. MI techniques can be incorporated into routine patient care. HealthTeamWorks offers online demonstration videos, study materials and onsite Rapid Improvement Activity trainings on MI for practices. These resources are intended for the whole practice team and introduce basic MI techniques into busy healthcare settings. Also, please contact HealthTeamWorks for information about guideline implementation trainings for healthcare practices at info@healthteamworks.org. Please note that there may be a cost for some services or materials.

- [Motivational Interviewing: Brief Overview](#) (2 page document)

Video 1: Evoking Commitment to Change (5 minutes)

The physician works with the patient to develop a specific focus. The provider asks open-ended questions, provides affirmation to the patient, uses reflective listening and summarizes the discussion for the patient (OARS). He also helps the patient measure the issue's importance with a 10-point scale and asks the patient to estimate his confidence level for making the change using the same scale.

- [Evoking Commitment to Change video](#)
- [Group Discussion Questions and Role-Play Scenario](#)
- [HealthTeamWorks Adult Obesity Guideline](#)

Video 2: Adolescent Follow-Up on Positive Alcohol Screen (3 minutes)

The adolescent patient has screened positive for alcohol use, The medical assistant works with him to identify his risk for alcohol abuse by asking permission and using an affirmation approach.

- [Adolescent Follow-Up on Positive Alcohol Screen video](#)
- [Group Discussion Question and Role-Play Scenario](#)
- [CRAFFT screening tool](#)

Video 3: Linking Behaviors (4 minutes)

We meet a patient who has just been screened as “at risk” for alcohol use and pregnancy. The nurse works with

the patient to link the two issues and uses the patient's responses to elicit *change talk* and action planning toward change behavior.

- [Linking Behaviors/FASD video](#)
- [Group Discussion Question and Role-Play Scenario](#)
- [Patient Self-Evaluation for Birth Control and Alcohol Use](#)
- [Patient Goal Statement and Plan for Birth Control and Alcohol Use](#)
- [FASD Supplement](#)
- [HealthTeamWorks SBIRT Guideline](#)

Resources:

- [MI Self-Assessment Scales](#)
- [MI Self-Assessment Questionnaire](#)
- [Sample MI Questions and Statements](#)

Questions?

For questions and additional information, please contact the HealthTeamWorks office at 303-446-7200.

<http://www.healthteamworks.org/guidelines/motivational-interviewing.html> (November 17, 2014)

CU College of Nursing - Office of Lifelong Learning

303-724-6883 NursingCE@ucdenver.edu

This office usually offers a course in Motivational Interviewing every fall with the following faculty:

Paul Cook, PhD

Associate Professor
CU College of Nursing
Licensed Clinical Psychologist

Laura M. Aagaard, MA, MS

Professional Research Assistant & Program
Manager, CU College of Nursing
Counselor

The Cu College of Nursing – Office of Lifelong Learning also offers an extensive, excellent on-line course by the Paul Cook and Laura Aagaard that has 10 hours of continuing education credit.

Online Education <https://www.regonline.com/builder/site/Default.aspx?EventID=1264069>



This is the opening video from that online course

<http://www.youtube.com/watch?v=ha3HAHyAJg8&feature=youtu.be> (5:15)

These faculty members have had years of experience in practicing, conducting research, and teaching Motivational Interviewing. We would like to thank them for their assistance with the work of the Regional Nurse Specialist team and identifying the resources listed in the following sections.

Additional Resources:

For your learning and for teaching others

<http://www.motivationalinterviewing.org/>

American Academy of Pediatrics: <http://ihcw.aap.org/resources/Pages/default.aspx>

Here is a fun way of learning and practicing “Change Talk” . Change Talk is an interactive training simulation to help pediatricians and other health professionals learn motivational interviewing techniques to counsel families on childhood obesity.

<http://www.kognito.com/changetalk/web/>

- MI Techniques: You can read them online or download a printable copy at:
<http://www.kognito.com/changetalk/web/StreamingAssets/html/resources/mi-techniques.pdf>
- Scenario: select this option and then click “Start” in the upper right corner



Kaiser Permanente: Here are three programs, with continuing education credit, that will increase your knowledge and practice with Motivational Interviewing.

Pediatric Weight Management (Obesity)

<http://www.kphealtheducation.org/pwm/>

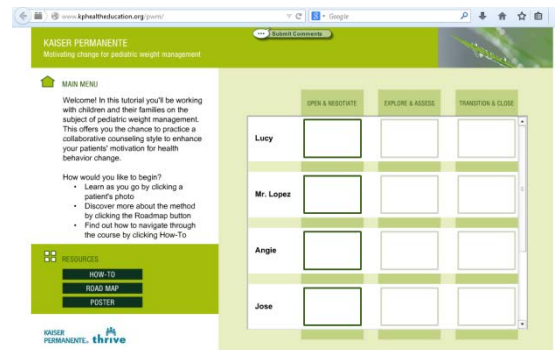
Medication adherence

<http://www.kphealtheducation.org/medadherence/>

Self-management of chronic conditions:

<http://www.kphealtheducation.org/chronic/>

Diabetes, Hypertension, CAD, CHF, Asthma and more.



Books:

1. Rollnick S, Miller WR, Butler CC. Motivational Interviewing in Health Care: Helping Patients Change Behavior. New York: Guilford Press; 2007 (2008).
2. Miller WR, Rollnick S. Motivational Interviewing: Preparing People for Change. New York: Guilford Press ;2002.
3. Rollnick, S., Mason, P., & Butler, C. (1999). *Health Behavior Change: A Guide for Practitioners*. New York: Churchill Livingstone.