



## Motivational Interviewing:

A Review of Resources from the  
Regional Nurse Specialists  
January 2015



### WORKSHOPS, CLASSES, AND WEBINARS:

**National Council for Behavioral Health.** (Achieved webinar – December 3, 2014).

“Creating Shared Goals with Motivational Interviewing” Pam Pietruszewski, MA Integrated Health Consultant  
<http://www.thenationalcouncil.org/events-and-training/webinars/webinar-archive/>

---

**CU College of Nursing - Office of Lifelong Learning** 303-724-6883 [NursingCE@ucdenver.edu](mailto: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>

---

### TRAINING MATERIALS:

For your learning, practicing, and teaching others

**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 resources: <http://www.healthteamworks.org/guidelines/motivational-interviewing.html>

---

**Motivational Interviewing Network of Trainers (MINT):** <http://www.motivationalinterviewing.org/>

“This web site provides resources for those seeking information on **Motivational Interviewing**. It includes general information about the approach, as well as links, training resources, and information on reprints and recent research.

In addition to the contributions of Professors Miller and Rollnick, the site has benefited from the input of members of the Motivational Interviewing Network of Trainers (MINT), and hosts information about the MINT

organization. In addition to providing information on Motivational Interviewing, the site serves as a resource for agencies or organizations who wish to find a skilled and knowledgeable trainer to assist them in implementing or supplementing current motivational services.”

**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/>

- a. 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>
- b. Scenario: select this option and then click “Start” in the upper right corner

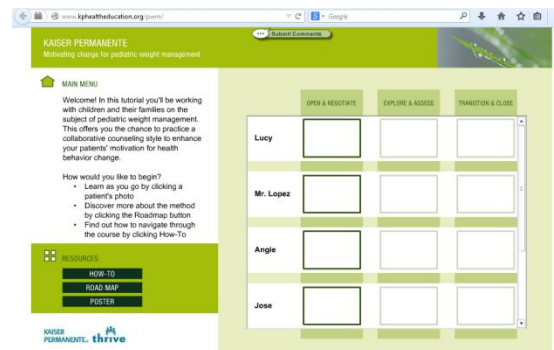


**Kaiser Permanente:** Here are three programs, with continuing education credit, that will increase your knowledge and practice with Motivational Interviewing.

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.