

# 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](http://www.MotivationalInterviewing.org)
- *Let's Go!*  
[www.letsgo.org](http://www.letsgo.org)

## Other web resources

- *Motivational Interviewing Videos on YouTube™* through ProjectECHO (links below):
- Five Part Series: <https://www.youtube.com/playlist?list=PL7CCEDF979F035588>

## 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.