



UVM CORA Webinar Offerings

Motivational Interviewing: Evidence-Based Strategies and Principles for Guiding Conversations With Your Patients

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Learning Objectives:

- Understand the spirit and key guiding principles of Motivational Interviewing
- Learn how to honor patient autonomy and foster collaboration
- Increase capacity to discover and reinforce patients' motivation for change by meeting them where they're at
- Identify how incorporating Motivational Interviewing into practice can improve patient relationships and decrease burnout.
- Consider the specific application of these principles in rural areas

[Recording & Slides](#)

Foundational Books

- [Motivational Interviewing: Helping People Change](#), 3rd Edition, Rollnick & Miller
- [Motivational Interviewing in Health Care: Helping Patients Change Behavior](#), Rollnick, Miller, Butler

Online Training

- [Motivational Interviewing: The Language of Change with Dr. Stephen Rollnick](#), earn up to 10.5 CE hour

Digested Resources

- Motivational Interviewing Network of Trainers (MINT): [Resources Page](#)
- Substance Abuse and Mental Health Services Administration: [Enhancing Motivation for Change in Substance Use Treatment](#), Treatment Improvement Protocol (TIP) 35

Review Papers

- [Motivational interviewing, enhancement, and brief interventions over the last decade: A review of reviews of efficacy and effectiveness](#), Psychology of Addictive Behaviors, 2017
- [After 30 years of dissemination, have we achieved sustained practice change in motivational interviewing?](#), Addiction, 2016
- [Motivational interviewing in medical care settings: A systematic review and meta-analysis of randomized controlled trials](#), Patient Education and Counseling, 2013

This guide was created as part of our June 2021 Community Rounds Workshop Series on Motivational Interviewing. If you cannot access any of the recommended materials, please reach out to cora@uvm.edu. Content reviewed July 2, 2021.