

Introduction to Motivational Interviewing

Brief Bio of Faculty: William R. Miller, Ph.D. is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico, where he joined the faculty in 1976 after receiving his Ph.D. in clinical psychology from the University of Oregon. He served as Director of Clinical Training for UNM's APA-approved doctoral program in clinical psychology and as Co-Director of UNM's Center on Alcoholism, Substance Abuse and Addictions (CASAA). Dr. Miller's publications include 40 books and over 400 articles and chapters. Fundamentally interested in the psychology of change, he has focused in particular on the development, testing, and dissemination of behavioral treatments for addictions. He served as principal investigator for numerous research grants and contracts, founded a private practice group, and served as a consultant to many organizations including the United States Senate, the World Health Organization, the National Academy of Sciences, and the National Institutes of Health. In recognition of his research contributions, Dr. Miller is a recipient of the international Jellinek Memorial Award, two career achievement awards from the American Psychological Association, and an Innovator in Combating Substance Abuse award from the Robert Wood Johnson Foundation. He maintains an active interest in pastoral counseling and the integration of spirituality and psychology. The Institute for Scientific Information lists him as one of the world's most cited scientists.

Course Description

Motivational Interviewing (MI) was first described in 1983 as a counseling method to enhance intrinsic motivation for change in problem drinkers. The fundamental problem that it addresses, however, is one that is much more universal: When a person needs to make a significant behavior change but has not done so because of ambivalence. Consequently the use of MI has disseminated rapidly through health care (particularly for the management of chronic diseases), mental health care, and corrections. MI is now widely recognized as an evidence-based approach for enhancing treatment retention, adherence, and outcome. This course provides a brief introduction to the clinical method of MI, provided by the clinical psychologist who introduced this treatment approach. It covers what MI is (and is not), its underlying spirit and fundamental principles, how it effects behavior change, and how clinicians come to learn it.

Course Objectives

Participants who complete this course will be able to identify:

1. Three key attributes of the underlying spirit of Motivational Interviewing
2. Four basic principles of this clinical method
3. How Motivational Interviewing is similar to and different from client-centered counseling
4. "Change talk" from "Sustain talk"
5. The type of change talk that most closely predicts behavior change

Course Outline

Introduction	2 minutes
Financial disclosures	1 minute
Overview of the course	2 minutes
Clinical issues that MI is designed to address	10 minutes
Discussion of efficacy research	5 minutes
The spirit and principles of MI	10 minutes
Similarities to and differences from client-centered counseling	5 minutes
Change talk and sustain talk	5 minutes
Phase 2 of MI	5 minutes
How it works: Psycholinguistic analyses of MI sessions	5 minutes
Summary	5 minutes

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