

# Homelessness Services Volunteer Training: Motivational Interviewing Resources

Compiled by Rosemary Powers; New Connections

**Douaihy, Antoine.** *Motivational Interviewing: Practices from the heart.* Slide presentation with many useful graphics to reinforce the material introduced in our training. Available at: <https://www.aoaam.org/resources/Documents/OMED%202019%20Slides/2019-10-25%20-%203%20-%20Motivational%20Interviewing%20-%20Antoine%20Douaihy%20MD.pdf>

**Community Care of North Carolina.** (2015). *Motivational Interviewing: Listening for Change Talk.* Clearly presented summary of six different kinds of change talk ( involving both preparing to change and taking active steps to change) with examples that can help if you incorporate motivational interviewing into your interactions with others and in understanding your own processes of change. Available at: <https://web.archive.org/web/20150501000947/http://www.ccwjc.com/Forms/Motivational%20Interviewing/Listening%20for%20Change%20Talk.pdf>

**Miller, William R. and Stephen Rollnick.** (2012) *Motivational interviewing: Helping people change.* The Guilford Press; 3rd Edition. Also available in a PDF E-book download version at [www.Etsy.com](http://www.Etsy.com) for \$8.00 (search under title).

**Psychology Tools.** ([www.psychologytools.com](http://www.psychologytools.com)). *Motivational Interviewing* (available at: <https://www.psychologytools.com/professional/techniques/motivational-interviewing/>) This website offers a wide variety of printed resources, many available for free download, and others for sale primarily for professionals that require establishing an account . You will find many useful articles and other resources by exploring the site.

**SAMHSA.** (2019). *Enhancing motivation for change in substance use disorder treatment* This updated resource includes the latest evidence on motivation-enhancing approaches and strategies. It describes how substance use disorder treatment providers can use these approaches and strategies to increase participation and retention in substance use disorder treatment. Available for download at [https://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Use-Disorder-Treatment/PEP19-02-01-003?referer=from\\_search\\_result](https://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Use-Disorder-Treatment/PEP19-02-01-003?referer=from_search_result)

**University of Massachusetts Amherst** (<https://www.umass.edu>). *Motivational interviewing: Definition, principles, approach.* Clearly presented summary of the principles and approach of motivational interviewing as a support to individual change. Includes a short bibliography of additional resources. Available at: [https://www.umass.edu/studentlife/sites/default/files/documents/pdf/Motivational\\_Interviewing\\_Definition\\_Principles\\_Approach.pdf](https://www.umass.edu/studentlife/sites/default/files/documents/pdf/Motivational_Interviewing_Definition_Principles_Approach.pdf)

## **Audio Resources**

If you prefer listening to reading, (or just want to reinforce your understanding), check out the following video lectures about Motivational Interviewing. Both are presented before a live audience and the speakers do a good job of keeping it interesting.

1. *Five Essential Strategies in Motivating Clients to Change* presented by Marilyn Herie PhD, RSW at <https://www.youtube.com/watch?v=k4ZCfUTr4FM&feature=youtu.be>
2. *Motivational Interviewing* by Jonathan Fader, Phd. at <https://www.youtube.com/watch?v=ZxKZaKFzgF8&feature=youtu.be>