

Motivational Interviewing Resources

Motivational Interviewing (MI) is a counseling method used to support people with behavior change. It has been used extensively in the context of modifying an approach to substance use. Many of the skills used in motivational interviewing are important for survey interviewers to have in their skillset to recruit, engage, and support survey respondents. While these skills will not be implemented for the purposes of behavior change, SSPs may want to provide interviewers with these resources to help them get familiar with the concepts and skills that MI entails.

- Understanding Motivational Interviewing (MINT)
 - <https://motivationalinterviewing.org/understanding-motivational-interviewing>
- Free videos explaining MI, and different aspects of MI
 - <https://psychwire.com/motivational-interviewing/resources>
 - <https://www.youtube.com/watch?v=0z65EppMfHk>
 - <https://www.careoregon.org/providers/meds-ed/video-library/motivational-interviewing-for-health-care-providers>
 - <https://www.youtube.com/watch?v=knL6mJZFCZo>
 - <https://www.youtube.com/watch?v=jXtslk8MmuA&t=21s>
 - <https://www.youtube.com/watch?v=cz1QmDrTLOE&t=5s>

