

# Motivational Interviewing

## Professional Training DVD Series 1998

### Closed Captioned

*William R. Miller, Ph.D., & Stephen Rollnick, Ph.D.*

*Directed by Theresa B. Moyers, Ph.D.*

*The University of New Mexico  
Center on Alcoholism Substance Abuse, and Addictions (UNM/CASAA)*

This series of videotapes (A-F), produced at the University of New Mexico, provides an introduction to motivational interviewing by the psychologists who developed it. The tapes are intended to be used as a resource in professional training, offering six hours of clear explanation and practical modeling of component skills. Because it is helpful to see how a method is practiced in various contexts, the tapes include clinical demonstrations of the skills of motivational interviewing, showing ten different therapists working with twelve clients who bring a variety of problems.

- A. **Introduction to Motivational Interviewing.** The introductory tape is a conversational interview with Bill Miller and Steve Rollnick, conducted in the summer of 1997 by Theresa Moyers. They review the background and current directions of motivational interviewing, explore its essential theoretical and conceptual underpinnings, and discuss its five basic principles. This is by no means a comprehensive introduction to motivational interviewing. Rather, it sets the context for the demonstration tapes that follow.
- B. **Phase 1: Opening Strategies.** This is the most complex of the tapes, and spans two cassettes. It is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II, illustrated on Tape 6.
- C. **Handling Resistance.** Motivational interviewing includes a set of strategies for handling and decreasing resistance. The information presented in this videotape is particularly useful during Phase I, although the methods are applicable throughout counseling. The phenomenon of "resistance" is discussed, and various strategies are explained and demonstrated.
- D. **Feedback and Information Exchange.** One context in which motivational interviewing has been widely practiced is the "check-up" or feedback of assessment information. This specialized application involves much more talking on the part of the therapist, in that more information is being imparted to the client. How does one take this more active, information-giving role and still be consistent with the spirit of motivational interviewing? That is the focus of this tape.
- E. **Motivational Interviewing in Medical Settings.** A rapidly growing application of motivational interviewing is in general health-care settings. Here it is often necessary to compress the process of counseling into a shorter period of time. This tape explores how the spirit of motivational interviewing can be applied in busy health-care settings.
- F. **Phase 2: Moving Toward Action.** How do you know when to move from Phase 1 (building motivation for change) into Phase 2 (consolidating commitment to a change plan)? What counseling methods are use in Phase 2, and how do they differ from the opening strategies of motivational interviewing? That is the focus of the final tape in this series.

# **Client Language in Motivational Interviewing**

## **Professional Training DVD Series**

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*William R. Miller, Ph.D., & Theresa B. Moyers, Ph.D.*

**The University of New Mexico**  
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This video focuses on the specific skill of recognizing and responding to client language during motivational interviewing sessions. It features both short (3-4 minutes) and longer (10 minutes) video demonstrations of such techniques as the importance and confidence rulers, use of selective reflection, responding to sustain talk and increasing the momentum of change talk. This DVD was created as a specialized learning resource in Project ELICIT, a randomized controlled trial that demonstrated that client language could be influenced by specialized training of their clinicians. It features 11 different clinicians and clients in a variety of settings including primary care, EAP and substance abuse treatment. Each segment is introduced by Drs. William Miller, Theresa Moyers and Jennifer Manuel, who also provide commentary about learning opportunities in these clips. With over 90 minutes of video this DVD is an excellent primer for clinicians wishing to become more proficient in this core skill in motivational interviewing.

We note that this DVD is not a replacement for a more general introduction to Motivational Interviewing, instead focusing more carefully on only one particular element. For an overview of MI, consider the original 6 part series (2-disk DVD) also available at CASAA ([link for other videos](#)), priced at \$110 plus shipping/handling . You may also purchase BOTH videos together for a special price.

**Website: <http://CASAA.UNM.EDU>**

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