



MOTIVATIONAL INTERVIEWING

Description

Motivational Interviewing (MI) is a counseling approach designed to facilitate behavior change and enhance physiological, psychological, and lifestyle outcomes. The primary goal of MI is to identify and address ambivalence towards change while increasing motivation within clients as they progress through five stages of change: pre-contemplation, contemplation, preparation, action, and maintenance. By encouraging clients to reflect on their personal goals and how their current behaviors may hinder their achievement, MI assists in exploring reasons for change and reinforcing the possibility of behavior change. Key clinical strategies employed in MI include the use of open-ended questions and reflective listening.

MI can be utilized to promote behavior change across various target populations and for diverse problem areas. Studies reviewed by the Prevention Services Clearinghouse focused on MI's efficacy in addressing illicit substance and alcohol use or abuse among youth and adults, as well as nicotine or tobacco use among individuals under 18 years old.

MI is rated as a well-supported practice on the Title IV-E Prevention Services Clearinghouse (<https://preventionservices.acf.hhs.gov/>).

Target Population

MI can be used to promote behavior change with a **range of target populations** and for a variety of problem areas.

Dosage

MI is typically delivered over one to three sessions. Each session typically lasts for 30 to 50 minutes. The dosage may vary if MI is delivered in conjunction with other treatment(s).

Recommended Locations/Delivery Settings

MI sessions are usually conducted in community agencies, clinical office settings, care facilities, or hospitals.

Education, Certifications and Training

There are no minimum qualifications for MI providers. MI can be used by a variety of different professionals. The Motivational Interviewing Network of Trainers (MINT) does not recommend specific trainings. However, they provide online training resources, contact information for MI trainers, and information about public trainings by MINT members.



Motivational Interviewing, continued



Materials for MI are available in many languages, including Bulgarian, Chinese, Czech, Danish, Dutch, Estonian, French, German, Greek, Hebrew, Italian, Japanese, Korean, Portuguese, Romanian, Spanish, Swedish, and Turkish.

Contact Information for Developers

William R. Miller and Stephen Rollnick are the Developers of Motivational Interviewing. MI was first introduced in 1983.

Website: <https://motivationalinterviewing.org/>

Email: admin@motivationalinterviewing.org

States outside of Florida implementing MI under FFPSA

- Virginia
 - Website: <https://familyfirstvirginia.com/index.html>
 - Email: familyfirst@dss.virginia.gov or ebplab@vcu.edu
- Nebraska
 - Website: <https://dhhs.ne.gov/Pages/Family-First.aspx>
 - Email: DHHS.FamilyFirst@nebraska.gov
- Washington
 - Website: <https://www.dcyf.wa.gov/practice/practice-improvement/ffpsa>
 - POC: Phyllis Duncan-Souza, Family First Prevention Services Administrator
 - Email: Phyllis.duncan-souza2@dcyf.wa.gov
 - Phone: 253-312-4226
- Michigan
 - Website: <https://www.michigan.gov/mdhhs/adult-child-serv/prevention-services>