

Motivational Interviewing Online Training Resources

Based on a review of currently available resources, this document includes online training resources for health care providers to develop motivational interviewing (MI) skills. Each training resource notes if continuing education credits are available and whether there is a cost to receive credits.

Title	Description	Format	CEUs and Cost	Link
<p>Conversations for Change Video Series: Behavioral Health and Wellness Program</p>	<p>This video series is designed to be viewed in order and as part of a facilitated educational process. For individuals using these videos without a facilitator or in a training setting, there are accompanying worksheets to support your learning in the following:</p> <ul style="list-style-type: none"> • The 5As and tobacco cessation • Motivational interviewing for tobacco cessation • A demonstration of motivational interviewing for tobacco cessation <p>Created by the University of Colorado Anschutz Medical Campus School of Medicine.</p>	<ol style="list-style-type: none"> 1. 5As video (15-minutes) 2. MI for tobacco cessation video (24-minutes) 3. MI demonstration video (15-minutes) 	<ul style="list-style-type: none"> • Free resource • No CEUs 	<p>www.bhwellness.org/resources/videos</p>
<p>Having Difficult Conversations: Working through Conflict and Uncertainty with Motivational Interviewing</p>	<p>With an antibiotic resistance and appropriate antibiotic use lens, these self-paced, online e-learning modules will teach participants to:</p> <ul style="list-style-type: none"> • Discuss key areas to improve antibiotic prescribing in Oregon. • Discuss communication pitfalls that lead to difficult conversations and techniques to avoid difficulties. • Understand the spirit of motivational interviewing. • Describe tools used to implement the four processes of motivational interviewing. <p>MI skills learned are transferrable to smoking cessation counseling strategies.</p>	<ol style="list-style-type: none"> 1. Introduction 2. Chapter 1: Antibiotic Resistance 3. Chapter 2: Difficult Conversations 4. Chapter 3: Motivational Interviewing 5. Chapter 4: Applying the Processes 	<ul style="list-style-type: none"> • Free resource • 1 to 2 CMEs or CEUs available 	<p>www.oregon.gov/oha/PH/DISEASES/COMMUNICABLEDISEASE/ANTIBIOTICRESISTANCE/Pages/Difficult-conversations.aspx</p>

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An Introduction to Motivational Interviewing: Focus on Tobacco Use and Dependence	This training webinar will: <ul style="list-style-type: none"> Describe how the “spirit” or underlying perspective of motivational interviewing can be applied to smokers Explain how to speak with smokers who may not be ready to quit Describe how to elicit “change talk” from tobacco users Available from the University California San Francisco’s Smoking Cessation Leadership Center	<ol style="list-style-type: none"> Recorded webinar (90-minutes) MI begins at 14-minutes and ends at-74 minutes Q&A begins at 74-minutes 	<ul style="list-style-type: none"> \$35 to obtain 1.5 CMEs or CEUs Free version available without credits 	CMEs/CEUs version: smokingcessationleadership.ucsf.edu/webinar/co-hosted-american-academy-family-physicians-introduction-motivational-interviewing-focus Free version: ucsf.app.box.com/s/etj15cfquiejzdw0dv5iexz79knyia2j
Motivational Interviewing for Health Care Providers: A MEDS Ed Seminar	Recorded workshop on the fundamentals of Motivational Interviewing. Attendees learn how to effectively incorporate MI techniques into a nurse’s busy workflow, while gaining an understanding of MI’s effectiveness in eliciting behavior change and improving communication with patients who experience a background of trauma.	Recorded workshop: <ol style="list-style-type: none"> Introduction, 30-minutes Nurse’s Workflow, 80-minutes MI and Trauma Informed Care, 30-minutes 	<ul style="list-style-type: none"> Free resources No CEUs 	www.careoregon.org/LearningAndInnovation/MEDS-Ed/MEDS-Ed-Motivational-Interviewing.aspx
Mr. Smith's Smoking Evolution	Dr. Damara Gutnick, with the MI Network of Trainers, shares a personal story of her interactions with Mr. Smith – a heavy smoker who she has cared for over 15 years. This video is a good, short introduction to MI techniques for review prior to formal training, or as a refresher post-training.	YouTube video (10-minutes)	<ul style="list-style-type: none"> Free resource No CEUs 	www.youtube.com/watch?v=0z65EppMfHk
A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change	This online, self-paced course takes the learner on a tour of the essential skills used to strengthen an individual’s motivation for behavior change. Created by the University of Missouri Kansas City School of Nursing and Health Studies’ Addiction Technology Transfer Center.	4-hour online, self-paced course	<ul style="list-style-type: none"> Free resource 4 hours of NAADAC, NBCC or NASW CEUs 	www.tourofmi.com/