12 Ideas for Learning Motivational Interviewing (MI)

1. If you have a monthly YTP consortium meeting, include MI practice as a dedicated agenda item. Ask your MI Mentor to help you.

2. Utilize videos on YouTube-- there is a list of videos on the YTP website (look under MI Resources/ Supporting Documents/ MI Resource List).

3. Access the VR “library” of videos through Dan Franks (dan.franks@state.or.us) located at the Washington County (Beaverton) VR Office. Each video comes with written handouts.

4. Practice using card sorts using “real plays” with staff and try out with your students.

5. Pick one of the MI skills or topics (reflections, affirmations, Spirit, etc.) and review information from a book or webpage and then practice.

6. Role play some of the short conversations/dialogues from an MI book and discuss.

7. Try one exercise from the “green book” (Building Motivational Interviewing Skills, A Practitioner Workbook by David B. Rosengren) and work through it by yourself or with others.

8. Practice “slowing down” and mindfulness to get into “listen-mode”.

9. Use case staffings around a motivational theme (MI Spirit, Stage of Change, Engagement, etc.).

10. Create a MI learning support system for yourself.

11. Practice using reflections only in a conversation for 5 minutes/day and notice what it’s like.

12. Put a sticky-note reminder on your computer to focus on a particular skill.