

Motivational Interviewing References & Resources:



MI Workbooks – Practitioners

- Frey, J., & Hall, A. (2021). *Motivational Interviewing for Mental Health Clinicians. A Toolkit for Skills Enhancement*. Eau Claire, WI: PESI Press.
- Manuel, J.K., Ernst, D., Vaz, A., & Rousmaniere, T. (2022). *Deliberate Practice in Motivational Interviewing*. Washington, DC: American Psychological Association.
- Rosengren, D.B. (2018). *Building Motivational Interviewing Skills: A Practitioner Workbook (2nd Edition)*. New York: Guilford Press.
- Rosengren, D.B. (forthcoming). *Building Motivational Interviewing Skills: A Practitioner Workbook (3rd ed.)*. Guilford Press.
- Rosengren, D.B., Johnston, L.H., Hilton, C.E. (2025). *Experiencing Motivational Interviewing from the Inside Out: A Self-Practice/Self-Reflection Workbook for Practitioners*. Guilford Press.

MI Workbooks – Self-Help

- Drapkin, M. L. (2023). *The Motivational Interviewing Path to Personal Change: The Essential Workbook for Creating the Life You Want*. New Harbinger Publications.
- Zuckoff, A., & Gorscak, B. (2015). *Finding Your Way to Change. How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There*. New York: Guilford Press.

MI Books

- Arkowitz, H., Miller, W.R., & Rollnick, S. (Eds.). (2015). *Motivational Interviewing in the Treatment of Psychological Problems (Second Edition)*. New York: Guilford Press.
- Burke, B.L., Lundahl, B., & Arkowitz, H. (Eds.). (2024). *Motivational Interviewing in the Treatment of Psychological Problems (Third Edition)*. Guilford Press.
- Clifford, D. & Curtis, L. (2015). *Motivational Interviewing in Nutrition and Fitness*. New York: Guilford Press.
- Hohman, M. (2021). *Motivational Interviewing in Social Work Practice (2nd Edition)*. New York: Guilford Press.
- Lanier, C. H., Bean, P., & Arnold, S. C. (2024). *Motivational Interviewing in Life and Health Coaching*. Guilford Press.
- Lee, C.S. (2024). *Motivational Interviewing Across Cultures*. Guilford Press.
- Mentha, H. (2021). *Someone Good to Talk to: Reflections on Motivational Interviewing Practice*.
- Miller, W.R., & Rollnick, S. (2023). *Motivational Interviewing: Helping People Change and Grow (4th ed.)*. New York: Guilford Press.
- Marshall, C., & Sogaard Nielsen, A. (2020). *Motivational Interviewing for Leaders in the Helping Professions: Facilitating Change in Organizations*. New York: Guilford Press.
- Naar-King, S., & Safren, S.A. (2023). *Motivational Interviewing and CBT: Combining Strategies for Maximum Effectiveness (2nd Edition)*. New York: Guilford Press.

- Naar-King, S., & Suarez, M. (2021). *Motivational Interviewing with Adolescents and Young Adults (2nd Edition)*. New York: Guilford Press.
- Rollnick, S., Miller, W.R., & Butler, C.C. (2023). *Motivational Interviewing in Health Care: Helping Patients Change Behavior Motivational Interviewing with Adolescents and Young Adults (2nd Edition)*. New York: Guilford Press.
- Rollnick, S., Kaplan, S. G., & Rutschmann, R. (2016). *Motivational Interviewing in Schools: Conversations to Improve Behavior and Learning*. New York: Guilford Press.
- Rollnick, S., Fader, J., Breckon, J., & Moyers, T.B. (2019). *Coaching Athletes to be Their Best: Motivational Interviewing in Sports*. New York: Guilford Press.
- Schumacher, J. A., & Madson, M. B. (2015). *Fundamentals of motivational interviewing: Tips and strategies for addressing common clinical challenges*. Oxford University Press.
- Steinberg, M.P. & Miller, W.R. (2015). *Motivational Interviewing in Diabetes Care*. New York: Guilford Press.
- Smith, D.C. (2025). *Motivational interviewing with families*. New York: Guilford Press.
- Stinson, D., & Clark, M.D. (2017). *Motivational Interviewing with Offenders: Engagement, Rehabilitation, and Reentry*. New York: Guilford Press.
- Wagner, C. C., & Ingersoll, K. S. (2013) *Motivational Interviewing in Groups*. New York: Guilford Press.
- Westra, H.A. (2012). *Motivational Interviewing in the Treatment of Anxiety*. New York: Guilford Press.

Other Texts of Interest

- Brown, P.C., Roediger, H.L., & McDaniel, M.A. (2014). *Make It Stick. The Science of Successful Learning*. Cambridge, MA: Belknap Press of Harvard University Press.
- Carr, E. S. (2023). *Working the difference: Science, spirit, and the spread of motivational interviewing*. University of Chicago Press.
- Cialdini, R. (2016). *Pre-suasion. A Revolutionary Way to Influence and Persuade*. New York: Simon & Schuster.
- DiClemente, C. C. (2018). *Addiction and change (Second Edition): How addictions develop and addicted people recover*. New York: Guilford Press.
- DiClemente, C. C., & Velasquez, M.M. (2026). *Reframing Failure in Behavior Change*. New York: Guilford Press.
- Duckworth, A. (2016). *Grit. The Power of Passion and Perseverance*. New York: Scribner.
- Fredrickson, B.L. (2013). *Love 2.0. How Our Supreme Emotion Affects Everything We Feel, Think, Do and Become*. New York: Hudson Street Press.
- Fredrickson, B.L. (2009). *Positivity. Top-Notch Research Reveals the 3-to-1 Ratio That Will Change Your Life*. New York: Three River Press.
- Fulop, M.J. (2023). *See From Her Mountain: Haiku Exploring Motivational Interviewing*. Portland, OR: JF-40 Press.
- Meyers, R.J. & Wolfe, B.L. (2004). *Get Your Loved One Sober. Alternatives to Nagging, Pleading, and Threatening*. Center City, MN: Hazelden Press.
- Miller, W.R. (2017). *LovingKindness. Realizing and Practicing Your True Self*. Eugene, OR: Cascade Books.
- Miller, W.R. (2018). *Listening Well. The Art of Empathetic Listening*. Eugene, OR: Wipf and Stock.

- Miller, W.R. (2022). *On Second Thought. How Ambivalence Shapes Your Life*. New York: Guilford.
- Miller, W.R. (2024). *8 Ways to Hope. Charting a Path Through Uncertain Times*. New York: Guilford.
- Miller, W.R., & Moyers, T.B. (2021). *Effective Psychotherapists. Clinical Skill Sets that Improve Client Outcomes*. New York: Guilford.
- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford
- Schumacher, J. A., & Williams, D. C. (2020). *Psychological treatment of medical patients struggling with harmful substance use*. American Psychological Association.
- Seligman, E.P. (2011). *Flourish. A Visionary New Understanding of Happiness and Well-being*. New York: Astria.
- Smith, J.E., & Meyers, R.J. (2004). *Motivating Substance Abusers to Enter Treatment. Working with Family Members*. New York: Guilford Press.
- Steindl, S. (2020). *The gifts of compassion: how to understand and overcome suffering*. Australian Academic Press.
- Velasquez, M. M., Crouch, C., Stephens, N. S., & DiClemente, C. C. (2016). *Group treatment for substance abuse: A stages-of-change therapy manual*. Guilford Publications.

Web Resources

www.motivationalinterviewing.org

Website of the Motivational Interviewing Network of Trainers (MINT).

www.primeforlife.org

Website of Prime For Life

<https://changecompanies.net/motivational-interviewing>

Website of Change Companies

Podcasts

MI & Beyond

Steve Rollnick, Joel Porter, Orla Adams, & Kendelle Bond

<https://www.stephenrollnick.com/motivational-interviewing-and-beyond-live-webinars/>

Talking to Change

Glenn Hinds & Sebastian Kaplan

<https://podcasts.google.com/feed/aHR0cHM6Ly93d3cuZ2xlbm5oaW5kcy5jb20vZmVIZC9wb2RjYXN0Lw?sa=X&ved=0CAMQ4aUDahcKEwjI4OLWsJryAhUAAAAAHQAAAAQAQ&hl=en>

Changing the Conversation

Ali Hall and Ken Kraybill

<https://podcasts.apple.com/us/podcast/changing-the-conversation/id1046052428>

Other MI Training Resources

Reviews:

<https://www.verywellmind.com/best-motivational-interviewing-training-programs-5089902>

<https://positivepsychology.com/motivational-interviewing-training/>

Training:

[Psychwire.com](https://www.psychwire.com)