Center on Rural Addiction
UNIVERSITY OF VERMONT

Rural Center of Excellence on SUD Treatment

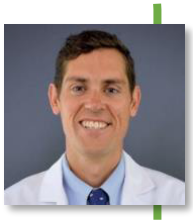
Motivational Interviewing Resources

UVMCORA.org

UVM CORA Guide

UVM CORA Webinar Offerings

Motivational Interviewing: Evidence-Based Strategies and Principles for Guiding Conversations With Your Patients



Peter Jackson, MD

UVM Larner College of Medicine

Learning Objectives:

- Understand the spirit and key guiding principles of motivational interviewing
- Learn how to honor patient autonomy and foster collaboration
- Increase capacity to discover and reinforce patients' motivation for change by meeting them where they're at
- Identify how incorporating motivational interviewing into practice can improve patient relationships and decrease burnout.
- Consider the specific application of these principles in rural areas

Recording

Foundational Books

- Motivational Interviewing: Helping People Change, 4th Edition, Rollnick & Miller
- Motivational Interviewing in Health Care: Helping Patients Change Behavior, 2nd Edition, Rollnick, Miller, Butler

Online Training

- Motivational Interviewing for Healthcare Professionals: Strategies to Enhance Patient Compliance and Change with Drs. Marlisa Brown and Angela Wood, earn up to 10.75 CE hours

Digested Resources

- Motivational Interviewing Network of Trainers (MINT): Resources Page
- Substance Abuse and Mental Health Services Administration: Enhancing Motivation for Change in Substance Use Treatment, Treatment Improvement Protocol (TIP) 35

Review Papers

- Motivational Interviewing, Enhancement, and Brief Interventions Over the Last Decade: A Review of Reviews of Efficacy and Effectiveness, Psychology of Addictive Behaviors, 2017
- After 30 Years of Dissemination, Have We Achieved Sustained Practice Change in Motivational Interviewing?, Addiction, 2016
- Motivational Interviewing in Medical Care Settings: A Systematic Review and Meta-Analysis of Randomized Controlled Trials, Patient Education and Counseling, 2013

If you cannot access any of the recommended materials, please reach out to cora@uvm.edu. Content reviewed *[12/16/2025]*.

As the Rural Communities Opioid Response Program (RCORP) - Rural Center of Excellence (RCOE) on SUD Treatment, University of Vermont provides access to a wide range of resources on relevant topics. Inclusion on this document does not imply endorsement of, or agreement with, the contents by The University of Vermont Center on Rural Addiction RCOE on SUD Treatment or the Health Resources and Services Administration.

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