

Motivational Interviewing at a Glance

Motivational Interviewing (MI) is an approach used by health professionals to help clients change unhealthy behavior. Health professionals using MI are guided by core principles to help the client through a collaborative approach that includes engaging, focusing, evoking, and planning processes. The approach can be successfully adapted for use with adults, adolescents, or children in the treatment of mental and substance abuse disorders, in the prevention of chronic diseases, in medication management, and in other aspects of behavioral health.

What the Evidence Tells Us

Over the past 25 years, MI has been evaluated in comparative effectiveness research trials, systematic reviews, and outcome studies published in hundreds of peer-reviewed publications. MI is included in several evidence-based program registries and recognized as an effective model for the treatment of behavioral and addiction disorders. Research supports its effectiveness with results that are generalizable to different populations, communities, and settings.

Why Your Organization May Consider Implementing MI

- ▶ MI is a brief, cost-effective strategy that can be used with diverse client populations and in different settings.
- ▶ Health professionals from a variety of disciplines can implement MI; members of the Motivational Interviewing Network of Trainers (MINT) are available internationally to help agency decisionmakers navigate through the training and implementation process.
- ▶ MI enhances client outcomes either as a standalone intervention or in combination with other programs, eliminating issues of “fit” and facilitating implementation in real-world settings.

Your organization may benefit from MI's client-centered and flexible approach, which has been validated by research across a wide variety of populations and clinical settings in the community.

More Information on Implementing MI

- ▶ MINT Web site <http://www.motivationalinterviewing.org>
- ▶ The National Registry of Evidence-based Programs and Practices Web site <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=130>