

Parent-Child Assistance Program (PCAP)

FETAL ALCOHOL & DRUG UNIT
UNIVERSITY OF WASHINGTON ALCOHOL AND DRUG ABUSE INSTITUTE
SEATTLE, WASHINGTON (206) 543-7155
<http://depts.washington.edu/pcapuw/>

PCAP Motivational Interviewing (MI) Training and Supplemental Resources

MI skills are a cornerstone of our PCAP approach. PCAP supervisors and case managers are expected to receive MI training and regular refresher training and maintain practice.

“It's important to remember that, like any other skill, the acquisition of competence and confidence in MI is a result of practice with feedback.”

Ron Jackson, MI trainer

Motivational Interviewing Training is Part of Initial PCAP Training.

[A MI 4-Video Series](#) by Cathy Cole

A Review from Ron Jackson:

“John Baer, UW Research Professor Emeritus and Psychologist at the VA, has endorsed Cathy Cole's video series and I have a high regard for his opinion.

What I use these days are the videos that accompany the most recent edition of Miller and Rollnick's MI textbook. There's a cost to them and they can be accessed on-line once purchased.

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

You have to be very careful with the MI videos on You Tube as some are as far from MI as one could imagine. *I think it's important to remember that, like any other skill, the acquisition of competence and confidence in MI is a result of practice with feedback, something one doesn't get on-line. Imagine trying to learn how to play tennis or improve one's tennis game by only watch videos on-line.”*

Supplemental MI Resources

The following resources may supplement the Cathy Coles videos for online MI training, ***but cannot replace the practice necessary to become proficient.***

As shared by Beth Rubin, MSW at her January 2021 MI training

MI founder William R. Miller speaks about why MI works:

<http://www.miinleadershipandorganizations.com/video-william-r-miller.html>

William R. Miller book: “Listening Well: The Art of Empathic Understanding:

https://books.google.com/books/about/Listening_Well.html?id=FtJTDwAAQBAJ

<https://casaa.unm.edu/codinginst.html>

Values card sort:

https://www.motivationalinterviewing.org/sites/default/files/valuescardsort_0.pdf

Values card sort online version:

https://sakai.ohsu.edu/access/content/group/Kathlynn_Tutorials/public/Value%20Card%20Sort%20Exercise%20-%20Storyline%20output/story_html5.html

University of Washington Alcohol and Drug Abuse Institute (ADAI)

MI Toolkit

<http://adai.uw.edu/retentiontoolkit/interviewing.htm>

Northwest Addiction Technology Transfer Center (NWATTC)

<https://attcnetwork.org/centers/northwest-attc/motivational-interviewing-mi>

NIH National Institute on Drug Abuse (NIDA)

Blending Initiative Online MI Practice/Simulation

<http://www.drugabuse.gov/blending-initiative/cme-ce-simulation>

Institute for Research, Education & Training in Addictions (IRETA)

<https://ireta.org/resources/motivational-interviewing-toolkit/> Toolkit includes:

- TIP 35 Enhancing Motivation for change in Substance Abuse Treatment
- MI Reminder Card
- Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency (MIA-STEP)
- Dr. Kate Speck's webinar: Shaping up your Motivational Interviewing Skills

Motivational Interviewing Network of Trainers (MINT)

<http://motivationalinterviewing.org/motivational-interviewing-resources>

Check online listings that you can watch as a group during lunch hour:

<http://motivationalinterviewing.org/motivational-interviewing-training>

Substance Abuse and Mental Health Administration (SAMHSA) Health Resources and Services Administration (HRSA) Center for Integrated Health Solutions (CIHS)

<https://www.integration.samhsa.gov/clinical-practice/motivational-interviewing#resources>