



Motivational interviewing for adolescent health behavior

<https://iha.andornot.com/permalink/library19729>

Author: [Cole, Cathy](#)
Corporate Author: [Psychotherapy.net](#)
Place: [Mill Valley CA]
Publisher: Psychotherapy.net
Pub Date: 2017
Physical Description: Online
1 streaming video file (186 min.) : digital, sound, color
Format: Video - online
Subject: [Motivational Interviewing](#)
[Psychotherapy](#)
[Adolescent](#)
[Health Behavior](#)

Abstract: "As therapists, we need a strong, connected therapeutic alliance with our clients to make progress. Yet, given our field's tendency to train us to advise, direct, prescribe, or otherwise take the lead, this alliance--and our clients' sense of autonomy and agency--can be compromised. In this excellent new video, Motivational Interviewing expert Cathy Cole offers practical tools to help you support and empower adolescents dealing with health concerns, in the spirit of attunement and partnership. You'll watch Cole and her colleague apply MI to four engaging sessions with teenage clients, and you'll learn strategies for applying these skills in your own practice. Cole begins with an overview of MI's key principles. You'll learn about the "MI Spirit"; the open-ended questions, affirmations, reflections, and summaries (otherwise known as OARS) that comprise MI's skill set; the four MI processes of engaging, focusing, evoking, and planning; change talk and sustain talk; and "the righting reflex." In sessions with Sean, Carlotta, Olga, and Missy, you'll observe how to use MI to manage risk, communicate nonjudgment, deepen rapport, and draw out your clients' innate strengths. This video also offers realistic commentary, in which Cole discusses both the successes and the challenges of each session and then discusses how to work with your own "righting reflex" to clinical benefit. This video is an necessary resource for clinicians who want proven strategies for using Motivational Interviewing with teens, health issues, or even the general population. By watching this video, you will: Understand the key tenets of Motivational Interviewing (MI) and its application to adolescent health behavior. Learn how to engage and empower clients using a collaborative, nonjudgmental approach. Gain helpful tools for working with your own urges to advise or "fix" a client." - Supplied by publisher.

Series: Motivational interviewing with adolescents
Notes: Instructor's manual available for download on landing page.
Link: <http://www.psychotherapy.net/stream/interiorhealth-IP/video?vid=392>
Link Notes: This resource is available to IH staff, physicians and students only. For offsite access, contact Library Services for password information.
ISBN: 9781601245335
Location: Online



Building confidence in motivational interviewing

<https://iha.andornot.com/permalink/library22868>

Author: [Cole, Cathy](#)

Corporate Author: [Psychotherapy.net](#)

Place: [Mill Valley CA]

Publisher: Psychotherapy.net

Pub Date: 2012

Physical Description: Online
1 streaming video file (116 min.) : digital, sound, color

Format: Video - online

Subject: [Motivational Interviewing](#)
[Case Reports](#)

Abstract: "In this training video, Motivational Interviewing expert Cathy Cole works with three clients who lack confidence in their ability to achieve their goals. Cole demonstrates various strategies to address clients' lack of confidence, including creating personalized plans of action, eliciting past successes and personal strengths, tying core values to goals, and identifying roadblocks to confidence in effecting change. You will learn to help clients struggling with diverse issues, including weight loss and finances, to build the confidence they need to enact a change plan. Intended for students and practitioners in clinical psychology, counseling, social work, and related health professions." - Supplied by publisher.

Series: Motivational interviewing : step by step

Notes: Contains 3 MI sessions originally produced by Cathy Cole, c2012.

Link: <https://www.psychotherapy.net/stream/interiorhealth-IP/video?vid=209>

Link Notes: This resource is available to IH staff, physicians and students only. For offsite access, contact Library Services for password information.

ISBN: 9781601243195

Location: Online



Core concepts of motivational interviewing

<https://iha.andornot.com/permalink/library22865>

Author: [Cole, Cathy](#)

Corporate Author: [Psychotherapy.net](#)

Place: [Mill Valley CA]

Publisher: Psychotherapy.net

Pub Date: 2012

Physical Description: Online
1 streaming video file (135 min.) : digital, sound, color

Format: Video - online

Subject: [Motivational Interviewing](#)

Abstract: "In this training video, expert Motivational Interviewing trainer Cathy Cole discusses the principles and spirit of MI, along with core concepts and techniques such as sustain talk versus change talk, the righting reflex, reflections and affirmations, and other ingredients for change. This video contains numerous technique demonstrations with William Miller, the founder of MI, along with exercises in which viewers can pause the video, practice the skills, and then see how Miller and Cole would respond. You will be able to describe the spirit of Motivational Interviewing and how it differs from other approaches; understand how MI is applied in counseling sessions, including developing a partnership and listening and responding to the language of change; and identify and practice specific techniques used in MI to engage clients, help them fully explore their ambivalence to change, and develop an action plan. Intended for students and practitioners in clinical psychology, counseling, social work, addiction, and related health professions" - Supplied by publisher.

Series: Motivational interviewing : step by step

Notes: Featured experts: William Miller, Cathy Cole.

Link: <https://www.psychotherapy.net/stream/interiorhealth-IP/video?vid=206>

Link Notes: This resource is available to IH staff, physicians and students only. For offsite access, contact Library Services for password information.

ISBN: 9781601243133

Location: Online



Increasing importance in motivational interviewing

<https://iha.andornot.com/permalink/library22866>

Author: [Cole, Cathy](#)

Corporate Author: [Psychotherapy.net](#)

Place: [Mill Valley CA]

Publisher: Psychotherapy.net

Pub Date: 2012

Physical Description: Online
1 streaming video file (123 min.) : digital, sound, color

Format: Video - online

Subject: [Motivational Interviewing](#)
[Case Reports](#)

Abstract: "In this training video, Cathy Cole demonstrates Motivational Interviewing strategies for working with clients who are initially reluctant to change. Through three full-length sessions, extensive commentary, and pre- and post-session interviews, Cole demonstrates various MI techniques including providing feedback, engagement without alienation, and creating a nonjudgmental space to explore the impact of a decision. By watching this video, you will understand this critical issue of importance in MI; learn how to conduct an MI session with people who initially don't think changing is important; and identify specific strategies and techniques used to address importance. Intended for students and practitioners in clinical psychology, counseling, social work, and related health professions" - Supplied by publisher.

Series: Motivational interviewing : step by step

Link: <https://www.psychotherapy.net/stream/interiorhealth-IP/video?vid=207>

Link Notes: This resource is available to IH staff, physicians and students only. For offsite access, contact Library Services for password information.

ISBN: 9781601243157

Location: Online



Resolving ambivalence in motivational interviewing

<https://iha.andornot.com/permalink/library22867>

Author: [Cole, Cathy](#)

Corporate Author: [Psychotherapy.net](#)

Place: [Mill Valley CA]

Publisher: Psychotherapy.net

Pub Date: 2012

Physical Description: Online
1 streaming video file (101 min.) : digital, sound, color

Format: Video - online

Subject: [Motivational Interviewing](#)
[Case Reports](#)

Abstract: "In this training video, Cathy Cole demonstrates Motivational Interviewing with three clients dealing with diverse issues: ambivalence about smoking cessation, career decision, and breastfeeding. Here, the focus is on fully exploring both sides of ambivalence. Cole avoids the trap of trying to convince her clients to change, and strategically capitalizes on the subtle shift between "sustain talk" and "change talk" in order to help them explore their options and make decisions right for them. Extensive commentary and pre- and post-session interviews help viewers understand the strategies and guiding principles of MI. You will learn MI strategies that are useful with clients stuck in ambivalence; recognize the difference between sustain talk and change talk; and identify specific techniques used to reinforce change talk and move toward a change plan. Intended for students and practitioners in clinical psychology, counseling, social work, and related health professions." - Supplied by publisher.

Series: Motivational interviewing : step by step

Link: <https://www.psychotherapy.net/stream/interiorhealth-IP/video?vid=208>

Link Notes: This resource is available to IH staff, physicians and students only. For offsite access, contact Library Services for password information.

ISBN: 9781601243171

Location: Online