

Abstract

Nearly three decades ago, Miller and Hester (1995) encouraged those in the helping fields to seek 'informed eclecticism.' This lofty goal remains elusive due to silos created in how therapeutic practices are designed, validated, and disseminated. As a regionally-focused intermediary purveyor organization based at the University of Washington in Seattle, the Northwest Addiction Technology Transfer Center (Northwest ATTC) seeks to accelerate adoption and implementation of useful treatment and recovery practices among the addiction workforce in Health and Human Services Region 10 (i.e., Alaska, Idaho, Oregon, & Washington).

Health and Human Services Region 10



Among regional stakeholders, health agencies, and individual clinicians alike, we reliably find Motivational Interviewing (MI) to be the therapeutic practice of greatest priority for training and implementation support. Yet, as with most any therapeutic practice, the clinical delivery of MI does not occur in a vacuum.

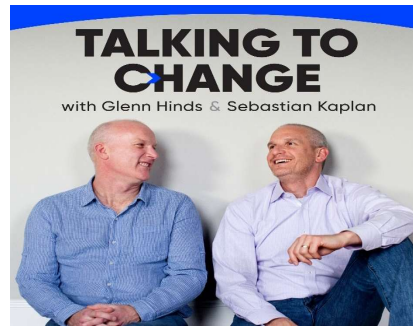
Over the past 5 years, the Northwest ATTC has responded to this workforce priority via development, sponsorship, and direct delivery of training curricula and other resources to accelerate the adoption and implementation of MI in a manner that informs eclectic clinical practice. In the spirit of raising awareness, a compilation of Northwest ATTC-sponsored resources is listed herein that present MI as thoughtfully combined with other therapeutic methods, as integrated into common clinical tasks, and as means of fostering its spirit in key organizational processes. This resource compilation includes work of many members of the Motivational Interviewing Network of Trainers, whom we are proud to acknowledge as our collaborators. We hope others may consider integrating in their MI dissemination efforts these resources, which include:

- A sampling of training curricula, with indication of the intended audience, duration, format, and developer
- A collection of sixty episodes of the *Talking to Change* podcast series, paired with English-language transcriptions
- A set of telehealth video demonstrations, with simulated examples of therapeutic practices (including but not limited to MI) delivered in telehealth contexts
- A sampling of one-hour webinars, each with full recording and presenter slides provided to enable archival viewing

Relevant Northwest ATTC Trainings* and Related Resources

Training Title	Audience	Duration	Format	Developer
<i>Combining MI and CBT</i>	Groups of up to 25 with prior training in both MI and CBT	12 hours	Virtual	Paul Hunziker
<i>MI for Groups</i>	Groups of up to 25 with prior foundational MI training	12 hours	In-person	Steve Gallon
<i>Practicing Flexibility</i>	Groups of up to 25 with prior foundational MI training	4.5 hours	Virtual	Mitch Doig
<i>Engaging Families and Family Systems</i>	Groups of up to 25 with prior foundational MI training	6 hours	Virtual or In-person	Paul Hunziker
<i>MI for Managers</i>	Groups of up to 25, for persons in leadership/supervisory roles	6 hours	In-person	Denna Vandersloot
<i>MI and Individual Service Planning</i>	Groups of up to 25 with prior foundational MI training	6 hours	Virtual or In-person	Paul Hunziker
<i>E-P-E for Care Coordination</i>	Groups of up to 40, with no prior MI training required	3 hours	Virtual or In person	Debra Collins

*trainings offer opportunity for supplemental, post-workshop coaching sessions



Talking To Change: An MI Podcast, hosted by Glenn Hinds and Sebastian Kaplan, is a series of conversations with guests from across the world about special interests in the research, practice, and learning of MI and its place in fields such as health, social care, education and criminal justice.



Ten video demonstrations, ranging 10-30 minutes in duration, utilizing simulation to illustrate the delivery of empirically-supported treatment and recovery practices like MI in telehealth contexts by a set of clinicians of diverse backgrounds.

Example: *MI to Engage in Peer Services*

Sampling of MI-Themed Webinar Presentations*	Presenter(s)
<i>Patient-Centered Care in Opioid Treatment Programs</i>	K. Michelle Peavy
<i>Motivational Interviewing for Leaders</i>	Colleen Marshall, Anette Sogaard Nielsen
<i>Healing the Healer: Employing Principles of Neuroscience, CBT, and MI to Understand and Treat Compassion Fatigue</i>	Troy Montserrat-Gonzalez
<i>Teens 'R' Us and the SBIRT Model</i>	Ken Winters

*Youtube-enabled recording allows archival viewing from Northwest ATTC website (listed below)

Acknowledgements

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