

# Evolution of Motivational Interviewing: History and Theory



## 1-hour recorded asynchronous distance learning workshop!

We will journey through time to explore how various psychological theories have influenced the design and development of Motivational Interviewing (MI). Where does MI come from? Co-creator of MI, Bill Miller, has likened MI to “remembering” something we already know. MI doesn’t subscribe to one theory, but could be seen as “cherry picking” the most effective and efficient philosophies and practices from a variety of theoretical approaches. Many who learn MI identify overlaps in other modalities they use, like Solution Focused Therapy and Person-Centered Therapy. MINT member Dr. Janis Crawford completed her doctoral dissertation on a depth psychological perspective of Motivational Interviewing – an investigation of unconscious contributions to the evolution of the definition and methods used in MI.

### Course Objectives

- Identify concepts from the first, second, third, and fourth forces of psychology that parallel tenants of motivational interviewing.
- Describe the evolution of motivational interviewing as suggested by the titles and content of the graduating text editions.

### Instructor

Janis Crawford PhD, LPC, ACS

Janis Crawford, LLC provides psychotherapy, clinical supervision, consultation, training, and technical assistance to human services professionals and organizations. She proposed and consulted on the implementation of motivational interviewing training within the Wyoming Department of Corrections pre-service academy. She presently coordinates a state-wide project funded by the Oregon Health Authority. The ETC (education toward certification) Program, offers 170 hours of free education to professionals in rural and frontier Oregon who seek the addiction counseling credential. Her doctoral dissertation, “Transformative Communication: A Depth Psychological Perspective of Motivational Interviewing” reveals common threads among tenants of motivational interviewing and psychoanalytic theories that enhance communication education for adult learners. She currently teaches motivational interviewing and theories of counseling for the Addiction Counseling Department at Portland Community College, for which she authored an accessible and brief learning guide. *Motivational Interviewing: Leveling Up* (2022) is available as an eBook through Kendall Hunt publishing. Despite her need to succeed, Janis enjoys singing with her son’s guitar riffs, and loves to camp and travel.

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## Course Outline

- Introduction
- Evolution of MI, Defining MI: Why, What, How; Motivation to Change & Conflict Theory
- Timeline of Psychoanalytic, Cognitive Behavioral, Existential-Humanistic, and Constructivist/Postmodern
- MI defined, including 10 things MI is not
- Self-disclosure, techniques, and MI learning
- Q&A

## Continuing Education

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, (MI Center for Change) programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.
- MI Center for Change #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval periods (8/20/24-8/20/25). Social workers completing this course receive 1 continuing education credits.
- Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

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## How Evolution of Motivational Interviewing: History and Theory course works

- You will register by providing your name and email, and will be emailed your confirmation and login details. You will watch the video and then score a passing grade. Once you complete the quiz you will be prompted to complete the end of course evaluation. After completing the evaluation you will be emailed your certificate within 48 hours

## Continuing Education Information

We do not provide partial Continuing Education credit for this course. Participants must complete the 1 hour of recorded asynchronous distance learning.

**Course Fee:** \$27

**Course recording date:** 1/10/25

### What if there is a group at my agency that wants to take the training together?

Each individual must have their own device to sign in to their course. Email for more information [admin@micenterforchange.com](mailto:admin@micenterforchange.com)

**Individual Course Access:** Each member of the group must sign in the course individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation. For more information or to register a group, please contact us at [admin@micenterforchange.com](mailto:admin@micenterforchange.com)

### System Requirements, Terms and Conditions:

Please take the time to read the [System requirements, Terms and Conditions](#) for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions [here](#). See our Cancellation Policy [here](#).

**Disability Accommodation:** Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact [admin@micenterforchange.com](mailto:admin@micenterforchange.com) or 828-279-4985