


Drug and Alcohol FINDINGS Your selected document

This entry is our account of a study selected by Drug and Alcohol Findings as particularly relevant to improving outcomes from drug or alcohol interventions in the UK. Unless indicated otherwise, permission is given to distribute this entry or incorporate passages in other documents as long as the source is acknowledged including the web address <http://findings.org.uk>. The original study was not published by Findings; click on the [Title](#) to obtain copies. Free reprints may also be available from the authors – click [prepared e-mail](#) to adapt the pre-prepared e-mail message or compose your own message. Links to source documents are in [blue](#). Hover mouse over [orange](#) text for explanatory notes. The Summary is intended to convey the findings and views expressed in the study. Below are some comments from Drug and Alcohol Findings.

Open [home page](#). Get free [e-mail alerts](#) about new studies. Search studies by [topic](#) or [free text](#)

► **An evaluation of workshop training in motivational interviewing for addiction and mental health clinicians.**

Baer J.S., Rosengren D.B., Dunn C.W. et al.

Drug and Alcohol Dependence: 2004, 73(1), p. 99–106.

Unable to obtain a copy by clicking title above? Try asking the author for a reprint (normally free of charge) by adapting this [prepared e-mail](#) or by writing to Dr Baer at jsbaer@u.washington.edu. You could also try this [alternative](#) source.

US study suggests that when it comes to choosing therapists, choosing the 'right' people who have not been trained in motivational interviewing would be better than choosing the 'wrong' people who have been trained; the former not only start at a higher level, but are more able to benefit from and retain training.

Summary A US study of a workshop on motivational interviewing whose participants were mainly addiction treatment specialists confirmed the rapid erosion of improvements in practice and added an intriguing insight into the importance of choosing the right raw material. Trainees demonstrated their motivational interviewing skills with actor-clients before the workshop, at the end, and two months later, when most indicators of how far they had absorbed the approach's principles and techniques were no longer significantly elevated. However, this was not the case for all the trainees.

Based on their last audiotapes, eight of the 19 had retained their proficiency in motivational interviewing. The interesting thing was that even before the training, these clinicians had been more proficient than the other trainees – in fact, they were already more proficient than the rest would be two months after training. Not only did they start from a higher level, they went on to absorb and retain more of what they had learnt.



Drug and Alcohol FINDINGS On the basis of these findings, given a choice between choosing the 'right' people who have not been trained in motivational interviewing, and the 'wrong' people who have, the former would be the better choice. It seems that some people are more receptive to this approach in their everyday lives, and that the same people are more able to become yet more proficient. In contrast, within months much of the training was

wasted when it fell on less fertile human ground.

Last revised 18 February 2013. First uploaded 18 February 2013

- ▶ [Comment on this entry](#)
- ▶ [Give us your feedback on the site \(one-minute survey\)](#)
- ▶ [Open home page and enter e-mail address](#) to be alerted to new studies

Top 10 most closely related documents on this site. For more try a [subject or free text search](#)

[The motivational halo](#) FINDINGS REVIEW 2005

[Implementing evidence-based psychosocial treatment in specialty substance use disorder care](#) REVIEW 2011

[How does motivational interviewing work? Therapist skill predicts client involvement within motivational interviewing sessions](#) STUDY 2005

[My way or yours?](#) FINDINGS REVIEW 2006

[Therapist effectiveness: implications for accountability and patient care](#) STUDY 2011

[An experimental demonstration of training probation officers in evidence-based community supervision](#) STUDY 2011

[Evidence-based therapy relationships: research conclusions and clinical practices](#) REVIEW 2011

[The power of the welcoming reminder](#) FINDINGS REVIEW 2004

[Integration of treatment innovation planning and implementation: strategic process models and organizational challenges](#) REVIEW 2011

[Counselor skill influences outcomes of brief motivational interventions](#) STUDY 2009