

Submission for ASA annual symposium

Strengthening Motivational Interviewing skills following initial training: a randomised trial of workplace-based reflective practice.

Gerald A. Bennett, Julie Moore, Lindsey Rouse, and Jood A. Gibbins Addiction Service, Dorset HealthCare NHS Foundation Trust, Sedman Unit, 16 Tower Road, Bournemouth, Dorset, BH5 2ER United Kingdom.

Aim The study assesses whether a workplace-based educational intervention helps professionals who had trained in Motivational Interviewing (MI) become more competent in it.

Design Randomised controlled trial

Participants Professionals in health and social services in Dorset, UK, who had received training in MI (n = 54).

Intervention (a) Control: Update day in MI (b) THEME (Twelve Hours to Enhance Motivational Effectiveness): Update day plus 12 weekly worksheets to stimulate reflection on practice of MI, feedback to audiotaped sessions with clients, and three 30 minute sessions of telephone coaching

Measurements Degree of competence in MI, as assessed from videotapes of interviews with simulated patients, carried out at entry to the study and four months later. Each videotape was coded independently by two trained coders using the Motivational Interviewing Treatment Integrity (MITI) system.

Findings Of the 44 participants who completed the second assessment, those in THEME showed significantly ($P < 0.05$) greater increases in the Spirit of MI and overall competence in MI.

Conclusions Workplace based interventions may enhance the effectiveness of brief training in MI and other psychological therapies.

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