

Motivational Interviewing: A Journey from Beginning, Present to Future

Abstract

The lecture will describe how the clinical method of motivational interviewing (MI) originally emerged through a series of happenstance events, and how it has continued to develop through unexpected research findings. Across 35 years, much has been learned about the effects of MI, the processes through which it works, and how people learn this complex set of skills. Dr Miller will discuss how MI has evolved over time and arrived at the state of the art described in the book *Motivational interviewing: Helping people change* (3rd Edition), including broad applications within many professions in at least 52 languages around the world.