

# Motivational Interviewing Training and Research Hub



## WHAT IS MOTIVATIONAL INTERVIEWING (MI)?

Motivational Interviewing (MI) is a conversational tool used to help guide individuals toward a behavior change goal. The technique is widely used in health care settings, schools, and workplaces to enhance motivation for behavior change at both individual or group levels.



## WHAT IS THE MI-HUB?

The MI-Hub is an online training course developed to provide the foundational knowledge and skills needed to apply MI in practice. The course originated from a need to train student coaches for research / outreach, but the MI-Hub now provides distributed training and technical assistance for students, researchers, and practitioners. It is managed by an interdisciplinary research team affiliated with the [ISU Translational Research Network](#) (U-TuRN). The overall mission of U-TuRN is to *'build sustainable community systems that enable healthy lifestyles'* and the [Clinical Health Coaching](#) group in U-TuRN is positioned to help apply MI-based training in various translational research initiatives.

## HOW CAN I ACCESS THE MI-HUB?

The MI-Hub course is available through the distributed Learn@ISU network at ISU. Students, faculty and staff affiliated with ISU can access the course for free using their normal login credentials but it is available to other individuals as part of continuing education or professional development.

- ISU Affiliation (free with userID): [LINK](#)
- Non-ISU Affiliation (fee-for-service): [LINK](#)



Please contact our team at [MIhub@iastate.edu](mailto:MIhub@iastate.edu) with questions, to request access to the demonstration version or to inquire about training needs or related interests.



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