

# 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 a research / outreach initiative established to promote the adoption and utilization of motivational interviewing. We have developed an online training course 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 online course 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 specific goal of the MI HUB is to promote the use of MI in clinical and community settings to enhance behavior change practices.

## HOW CAN I ACCESS THE MOTIVATIONAL INTERVIEWING COURSE?

The Motivational Interviewing course was developed for use through the distributed Learn@ISU network at ISU but has been moved to **Workday Learning**. Access to the course requires pre-registration. Students, faculty and staff affiliated with ISU can access the course for free, but it is also available for Continuing Medical Education (CME) credit or professional development opportunities. Click the appropriate link to get additional information.

- 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.



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