

## Motivational Interviewing Videos

Below is a list of videos that go into the definition, use, and examples on how to use motivational interviewing.

### *Required*

- [Introduction to Motivational Interviewing](#)
- [Motivational Interviewing for Tobacco Cessation](#)

### *Optional*

- [5 Elements of Motivational Interventions & 5 Principles of Motivational Interviewing](#)
- [Advance Motivational Interviewing: Tobacco Cessation](#)
- [Spirit of Motivational Interviewing](#)
- [The Effective Physician: Motivational Interviewing Demonstration](#)
- [Motivational interviewing in brief consultations: role-play focusing on engaging](#)
- [Talk To Change Podcast](#)