



RRTC-EBP VR

Rehabilitation Research & Training Center
for Evidence Based Practice in Vocational Rehabilitation



Research Summary

research2vrpractice.org

Social-Cognitive Motivational Interviewing Competency Ratings prepared for Minnesota Vocational Rehabilitation Services: Preliminary Report

The RRTC-EBP VR provided technical assistance and training to Minnesota Vocational Rehabilitation Services related to the provision of motivational interviewing (MI) intervention services to DVR consumers. The purpose of this study was to explore the effect of MI training on perceived counselor competencies in the areas of self-efficacy, benefits, barriers, stages of change/action, and working alliance. Ratings were analyzed between beginner, intermediate, and advanced training groups.

Results

Both the intermediate and advanced training groups had ratings higher than the beginner groups in perceived efficacy, perceived benefits, and stages of change/action. They also scored lower on perceived barriers than the beginner group. However, all training level groups score similarly in their self-reported working alliance ratings, suggesting receiving MI training at any level would lead to relatively high levels of working alliance.

Learn More

Read the full report here: [Preliminary Report: Social-Cognitive Motivational Interviewing Competency Ratings prepared for the Minnesota Vocational Rehabilitation Services](#)

Rate the Research

Please visit our website to [rate this research article](#).