

Module 2 Communication- additional resources for students

Verbal and non-verbal communication

Joe Navarro - the power of non-verbal communication TED talk (12:55 minutes)

<https://www.youtube.com/watch?v=fLaslONQAKM>

Reading minds through body language (11:58 minutes)

<https://www.youtube.com/watch?v=W3P3rT0j2gQ>

Eye understand: the power of non- verbal communication (16:37 minutes)

https://www.ted.com/talks/carlos_bu_dding_eye_understand_the_power_o_f_non_verbal_communication

The importance of being inauthentic (20:49 minutes)

https://www.youtube.com/watch?v=r_k_SMBIW1mg

Reading body language (27:34 minutes)

https://www.youtube.com/watch?v=l_vxJoUuG018

Celeste Head (TED)• 10 ways to have a better conversation (11:36 minutes)

https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation

Marie Forleo - improve your communication skills in 3 seconds

<https://www.marieforleo.com/2013/12/communication-skills/>

TRUST & RAPPORT

‘Best Methods to Build Rapport’ by Anthony Robbins.

<https://www.youtube.com/watch?v=dENi7K2IX4U>

Simon Sinek on building trust.

<https://www.youtube.com/watch?v=PQtKVtHb9co>

Brené Brown is one of our favourites in the area of trust, vulnerability and empathy

The concept of trust is described beautifully by Brene Brown in ‘The Anatomy of trust

<https://brenebrown.com/videos/anatomy-trust-video/>

Brené Brown’s famous TED talk - The power of vulnerability (TEDxHouston)

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsread

Brene Brown explains empathy vs sympathy in this short clip

<https://brenebrown.com/videos/rsa-short-empathy/>

Empathy vs sympathy article

<https://twentyonetoys.com/blogs/teaching-empathy/brene-brown-empathy-vs-sympathy>

MOTIVATIONAL INTERVIEWING

VIDEOS:

Short clips about motivational interviewing

<https://psychwire.com/motivational-interviewing/resources>

Motivational interviewing in brief consultations – role play example focusing on engaging:

<https://youtu.be/bTRRNWrwRCo>

The Ineffective Physician: Non-Motivational Approach - <https://youtu.be/80XyNE89eCs>

The Effective Physician: Motivational Interviewing Demonstration - <https://youtu.be/DDeXwF8Ff3E>

Heart Foundation Motivational interviewing 1-6 You Tube clips www.youtube.com/user/HeartFoundationAust/videos

MI: Spirit and principles <https://www.youtube.com/watch?v=nim62l1oaN4>

MI: Core clinician skills: OARS <https://www.youtube.com/watch?v=-zEpwxJIRQI&t=7s>

MI: Recommendations and conclusions <https://youtu.be/se7gJCjNo2Q>

5 essential strategies in motivating clients to change <https://www.youtube.com/watch?v=k4ZCfUTr4FM&t=1778s>

Motivational interviewing decisional balance (10:00 minutes)

<https://www.youtube.com/watch?v=7vJ8jBqzVqU>

Introduction to motivational interviewing (17:22 minutes)

<https://youtu.be/s3MCJZ7OGRk>

Dr Jonathan Fader demonstrates motivational interviewing skills

<https://youtu.be/ZxKZaKFzgF8> (34:29 minutes)

ARTICLES

Oars in MI (1 page summary)

https://res.cloudinary.com/psychwire/image/upload/v1559207479/pw.com/MI/resources/OARS_and_Motivational_Interviewing.pdf

Hall K, Gibbie T, Lubman DI. Motivational interviewing techniques - facilitating behaviour change in the general practice setting. Aust Fam Physician. 2012;41(9):660-667. <https://www.racgp.org.au/afp/2012/september/motivational-interviewing-techniques/>

ONLINE LEARNING

BMJ Learning with Dr Stephen Rollnick. Free 1 hour online module - Motivational Interviewing in brief consultations for healthcare professionals. <http://learning.bmj.com/learning/module-intro/.html?moduleId=10051582>

Alcohol and other Drug Education and Training Unit (2013). Induction module 6: Relapse prevention and management. www.dovetail.org.au/insight/modules/Module%205%20Motivational%20Interviewing.pdf

BOOKS

Motivational Interviewing in Nutrition and Fitness. Dawn Clifford and Laura Curtis 2016

Motivational Interviewing Third Edition – Miller & Rollnick 2013

Miller WR, Rollnick S. Applications of motivational interviewing. Motivational interviewing: Helping people change (3rd edn). New York, NY: Guilford Press, 2013.

Building Motivational Interviewing Skills – David B. Rosengren

Health Behaviour Change - Rollnick, Mason & Butler 1999

<http://www.stephenrollnick.com> and www.williamrmiller.net

WEBSITES

Motivational Interviewing Network of Trainers (MINT) website
www.motivationalinterviewing.org