

## **Motivational Interviewing (MI) – Key Resources**

• \*Motivational Interviewing, 4th Edition\* by Miller & Rollnick — the foundational text. • MI Website: <https://motivationalinterviewing.org> — official information, trainings, and tools. • The MI Network of Trainers (MINT) — listings of certified trainers and workshops. • Free MI Videos: Search “Miller & Rollnick MI demonstrations” on YouTube for examples. • MI Cheat Sheets: Look for OARS summaries, DARN-CAT change talk guides, and Righting Reflex tools.

## **DBT (Dialectical Behaviour Therapy) – Key Resources**

• \*DBT® Skills Training Handouts & Worksheets\* by Marsha Linehan — gold-standard workbook. • \*DBT Skills Training Manual\* by Marsha Linehan — deeper clinical reference. • The DBT-RU (Rutgers University) Website — free videos, explanations, and skill summaries. • Online DBT Skills Libraries: Search “DBT self-help” for worksheets on TIPP, STOP, Wise Mind, and Radical Acceptance. • Apps: “DBT Diary Card & Skills Coach” and “DBT Coach” for skill reminders.

## **How MI + DBT Support Vocational Counsellors**

• MI helps explore ambivalence and build motivation. • DBT provides concrete tools for grounding and emotion regulation. • Together they support dignity, autonomy, and cognitive safety for job seekers. • Use MI when someone feels unsure; use DBT when someone feels overwhelmed.

## **Quick Reminders for Practice**

• Stay person-first in your language. • Ask before offering advice. • Slow down the moment. • Support choice and autonomy. • Focus on safety, clarity, and connection.