The Role of Personal Motivation and Self-Determination
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Online resources

- Self-determination theory (SDT) http://selfdeterminationtheory.org
  - If you don't have institutional access to journals, you can find many downloadable copies of articles addressing the theory and application of SDT.
  - Also contains news, event notices, listserv information, and assessment instruments.
- Youtube - Facilitating children's motivation and wellness by R. Ryan
  - Although the lecture is about working with children, most of the concepts and practices described are applicable to working with adults.

Books

- Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness by R. Ryan and E. Deci
  - The most up-to-date and comprehensive text on SDT and its application.
- Why We Do What We Do: Understanding Self-Motivation by E. Deci
  - A book on SDT for the general public
- Self-Determination Theory in the Clinic: Motivating Physical and Mental Health by K. Sheldon, D. Adler, and G. Williams
  - The only SDT text focusing on healthcare settings
- The Art and Science of Motivation: A Therapist's Guide to Working with Children by J. Ziviani, A. Poulsen, and M. Cuskelly
  - Even if you don't work with children, you'll find this book helpful. Does a good job discussing how to apply SDT and other theories of motivation into clinical practice.
- Motivational Interviewing: Helping People Change, 3rd Edition by W. Miller and S. Rollnick
  - The primary text on motivational interviewing by the therapists who created it.
- How To Do Motivational Interviewing: A Guidebook by B. Matulich
  - Kindle only. Very practical guide for using different motivational interviewing techniques.

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