



# RRTC – EBP VR

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

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## **What is the Rehabilitation Research and Training Center on Evidence-Based Practice in Vocational Rehabilitation (RRTC-EBP-VR)?**

We develop evidence-based knowledge and tools for VR practitioners that will improve employment rates, and quality of employment, for people with disabilities.

Visit <http://research2vrpractice.org/>  
to learn more about us.

## **Findings from the Field: Symposium on Evidence-Based Practices in Rehabilitation Counseling and Forum of the U.S. Department of Education's RSA's Technical Assistance Centers**

*"This was a truly fantastic conference... It was refreshing to see a conference that was evidence-based and designed to provide tools and resources to VR professionals both in academia and in the field in our endeavor to serve individuals with significant functional limitations reach their vocational goal. Well done!"*

Approximately 150 vocational rehabilitation researchers, administrators, educators, and counselors participated in the RRTC's Symposium on Evidence-Based Practices in Rehabilitation Counseling and Forum of the U.S. Department of Education's Rehabilitation Services Administration's Technical Assistance Centers on May 19-20, 2016, at UW-Madison.

Access select webcasts and presentation materials and learn more about this unique event by visiting [www.research2vrpractice.org](http://www.research2vrpractice.org).

## **Social-Cognitive Motivational Interviewing Competency Ratings Prepared for Minnesota Vocational Rehabilitation Services: Preliminary Report**

The RRTC recently provided technical assistance and training to Minnesota Vocational Rehabilitation Services related to providing motivational interviewing (MI) intervention services to DVR consumers. The purpose 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.

[Learn more about this study and see the results!](#)

### **Promoting Physical Activity and Exercise in People with Spinal Cord injuries using Pender's Health Promotion Model**

This study validated Pender's Health Promotion Model (HPM) as a motivational model for exercise/physical activity self-management for people with spinal cord injuries (SCIs). Results indicated that pre-injury physical activity/exercise level, the severity of the SCI, and commitment to a plan for exercise and physical activity were predictive of post-injury exercise and physical activity level. In addition, friend/family support, perceived self-efficacy, and perceived benefits were the strongest predictors of commitment to a plan of action for exercise and physical activity.

[Learn more about this study!](#)


### **Phase II Findings: Evidence-Based Best Practices in the Public Vocational Rehabilitation Program that Lead to Employment Outcomes**


Findings from the RRTC's Phase II study are featured in a Special Issue of the Journal of Vocational Rehabilitation. [All articles are available at no cost!](#)

### **Technical Assistance and Training**

The RRTC-EBP VR is your resource on evidence-based practices in vocational rehabilitation.

To contact us, call 855-820-3929, or send us an [email](#)

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