

Motivational Interviewing Helping People Change 3rd Edition Applications Of Motivational Interviewing

The significantly revised second edition of this unique practitioner guide features 65% new material and a new organizing structure. The authors show how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Noted for its clarity, the book includes extended case examples, sample dialogues, quick-reference tables, and "dos and don'ts." It provides vital tools for helping young people open up about their struggles, explore alternatives, and make healthier choices around such concerns as substance use, smoking, anxiety, medication adherence, and obesity. New to This Edition *More integrative and cohesive: every chapter weaves in diverse clinical issues, replacing the prior edition's population-specific chapters. *Chapters on MI in groups and involving caregivers in treatment. *Restructured around the current four-process model of MI, and proposes maintenance of change as a fifth process. *Incorporates the rapidly growing research base on MI with youth. *Reflects the ongoing refinement of the authors' training approach; includes skill-building activities at the end of each chapter. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

The first teacher's guide to the proven counseling approach known as motivational interviewing (MI), this pragmatic book shows how to use everyday interactions with students as powerful opportunities for change. MI comprises skills and strategies that can make brief conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the "dos and don'ts" of talking to K-12 students (and their parents) in ways that promote self-directed problem solving and personal growth. The authors include the distinguished codeveloper of MI plus two former classroom teachers. User-friendly features include learning exercises and reflection questions; additional helpful resources are available at the companion website. Written for teachers, the book will be recommended and/or used in teacher workshops by school psychologists, counselors, and social workers. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

* 2011 BMA Awards - Highly Commended in Health and Social Care * This package provides you with the book plus the eBook - giving you the printed book, plus access to the complete book content electronically. Evolve eBooks allows you to quickly search the entire book, make notes, add highlights, and study more efficiently. Buying other Evolve eBooks titles makes your learning experience even better: all of the eBooks will work together on your electronic "bookshelf", so that you can search across your entire library of Nursing eBooks. Engagingly written by three experts with worldwide reputations in the field, Health Behavior Change presents an exciting method which can be used to help patients change their behaviour in both hospital and community settings. The method is applicable to any behaviour, such as overeating, physical inactivity and smoking or with patients struggling with the consequences of chronic conditions like diabetes and heart disease. Using brief, structured consultations with the client, the practitioner encourages the patient to take charge of decision-making concerning their health. It relies upon partnership between professional and patient rather than dominance of one over the other and is carried out in a spirit of negotiation rather than confrontation. The text clearly outlines the fundamental principles behind the method while applying it to practice. Problems of resistance and lack of motivation are explored and practical strategies to manage them are suggested. The patient is at the centre throughout. Short case examples and dilemmas from clinical settings ground the method in the reality of practice. Well accepted method. Reflects professionals' current concerns with health promotion and effective use of time. Highly respected authors. Community focus Genuine international market. Particularly relevant to US practice. US spellings throughout. Text revised and updated throughout to reflect developments in the field e.g. new studies that have been conducted since 1e published Improved appearance with addition of a second colour and more modern page design to increase appeal Chapter summaries added to aid assimilation More material relating to obesity

Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Eat healthy. Exercise. Quit smoking. Cut down on drinking. Reduce stress. Changing unhealthy behaviors is easier said than done. If you're like most of us, you have already made repeated attempts to change your lifestyle and improve your well-being without lasting success. You may attribute those failures to things like lack of motivation or the "wrong genes." But it's more likely that you simply don't know how to change. In this groundbreaking book, James O. Prochaska, PhD, and Janice M. Prochaska, PhD, guide you through a six-stage process designed to help you assess your readiness to change, then tap the inner resources necessary to thrive physically, emotionally, and socially. Backed by countless research studies, the stages of change model, developed by James Prochaska in collaboration with Carlo DiClemente, PhD, has revolutionized the field of behavior change. Through interactive exercises, Changing to Thrive will help you progress through the stages of change and learn that you have the power within to thrive.

A unique clinical resource, this book shows how to infuse the methods and spirit of motivational interviewing (MI) into group-based interventions. The authors demonstrate how the four processes of MI with individuals translate into group contexts. They explain both the challenges and the unique benefits of MI groups, guiding practitioners to build the skills they need to lead psychoeducational, psychotherapeutic, and support groups successfully. A wealth of clinical examples are featured. Chapters by contributing authors present innovative group applications targeting specific problems: substance use disorders, dual diagnosis, chronic health conditions, weight management, adolescent risk behaviors, intimate partner violence, and sexual offending. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Are you a good listener? How well do you really know the people around you? A capacity for empathic understanding is hard-wired in our brains, but its full expression involves particular listening skills that are seldom learned through ordinary experience. Through clear explanation, specific examples, and practical exercises, Dr. Miller offers a step-by-step process for developing your skillfulness in empathic listening. With a solid basis in sixty years of scientific research, these communication skills are not limited to professionals, and can be learned and applied in your everyday life. Instead of assuming that you know the meaning of what you think you heard, empathic listening lets you develop a more accurate understanding and prevent miscommunication. Empathic understanding can help to deepen personal relationships, alleviate conflict, communicate across differences, and promote positive change. The author also

discusses skills for expressing yourself clearly, and for strengthening close relationships and friendships. Through empathic understanding you have access to life experience far beyond your own, and over time, listening well and deeply becomes a way of being, fostering a compassionate and patient acceptance of human frailties--those of others as well as your own.

Most of us walk through each day expecting few surprises. If we want to better ourselves or our lives, we map out a path of gradual change, perhaps in counseling or psychotherapy.

Psychologists William Miller and Janet C'de Baca were longtime scholars and teachers of traditional approaches to self-improvement when they became intrigued by a different sort of change that was sometimes experienced by people they encountered--something often described as "a bolt from the blue" or "seeing the light." And when they placed a request in a local newspaper for people's stories of unexpected personal transformation, the deluge of responses was astounding. These compelling stories of epiphanies and sudden insights inspired Miller and C'de Baca to examine the experience of "quantum change" through the lens of scientific psychology. Where does quantum change come from? Why do some of us experience it, and what kind of people do we become as a result? The answers that this book arrives at yield remarkable insights into how human beings achieve lasting change--sometimes even in spite of ourselves.

Alcohol abuse and alcohol dependence are widespread, and the individual and societal problems associated with these disorders have made the study and treatment of alcohol use disorders a clinical research priority. Research over the past several decades has led to the development of excellent empirically supported treatment methods. This book aims to increase clinicians' access to empirically supported interventions for alcohol use disorders, with the hope that these methods will become the standard in clinical practice.

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series.

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Business lessons from one of the greatest Olympic teams of all time It's been called the greatest upset of all time, the most memorable Olympic moment ever, the "Miracle on Ice." No matter which superlative is used, no one can deny that the U.S. men's hockey team's defeat of the Soviet Union in the medal round of the Lake Placid Olympic Games was a defining moment for Cold War America. The U.S. team's goalie was a Boston University student named Jim Craig, who is now a leadership expert and keynote speaker to business audiences. Gold Medal Strategies gives you Craig's unique lessons from the "Miracle" team on team dynamics, leadership, motivation, and other important management topics. With his unparalleled perspective, Craig dissects and analyzes the elements of a successful team, how to assemble one, and what philosophies will keep the team's shared goal a reality. This book outlines the necessary skills and details the specific techniques you need to maximize your business readiness, hone competitive cooperation, gather your strategies, and attack your challengers.

This bestselling work has introduced hundreds of thousands of professionals and students to motivational interviewing (MI), a proven approach to helping people overcome ambivalence that gets in the way of change. William R. Miller and Stephen Rollnick explain current thinking on the process of behavior change, present the principles of MI, and provide detailed guidelines for putting it into practice. Case examples illustrate key points and demonstrate the benefits of MI in addictions treatment and other clinical contexts. The authors also discuss the process of learning MI. The volume's final section brings together an array of leading MI practitioners to present their work in diverse settings. New to This Edition Expanded 11 new chapters. Incorporates the growing body of outcome research. More applications of MI within and beyond the addictions field. Coverage of MI and the stages-of-change model; applications in medical, public health, and criminal justice contexts; and the use of MI with groups, couples, and adolescents.

One of the greatest challenges for mental health and other professionals in school settings is to get students, families, and staff willing to partake of and engaged in their services. This is the first book on applying motivational interviewing (MI) is a powerful, evidence-based technique for facilitating behavior change throughout the school environment to help psychologists, counselors and other school-based professionals to improve the effectiveness of their practice. Based on encouraging research on the value of MI in K-12 settings, this practical book explains the basic elements of MI theory and demonstrates, step-by-step, how the four-stage process of engaging, focusing, evoking, and planning can be used with the families of students who need psychological or counseling services, teachers who need consultation and support to improve classroom management, and the students themselves. The book discusses barriers to readiness to change and describes how to foster engagement and compliance with school services to increase the likelihood that positive change will occur. It also describes how MI can be used to increase the effectiveness of inter-professional teams in school settings, along with ways in which MI can be integrated into and build support for already established programs. Richly illustrated with examples of using MI as a strategy for promoting everyday conversations about change--the nucleus of MI practice--the book also includes case studies and sample handouts for mental health professionals, students, family members, and teachers. Key Features: Demonstrates how to apply motivational interviewing to the K-12 environment to help school professionals improve effectiveness Explains the four-stage process of engaging, focusing, evoking, and planning Shows how MI can be used with children, their families, and teachers to facilitate change Describes how MI can be integrated into other established programs Includes plentiful case studies and examples of MI as a strategy for promoting everyday conversations about change

Why social work and motivational interviewing? -- The heart of motivational interviewing -- Motivational interviewing and the engagement and assessment process / with Hilda Loughram and Sally Mathiesen -- Supporting self-efficacy, or what if they don't think they can do it? / with Stephanie Wahab and Katie Slack -- Expressing empathy : communicating understanding (even when it's hard) -- Developing discrepancy : using motivational interviewing in a group setting to increase ambivalence -- Rolling with resistance : motivational interviewing with adolescents or "you can't make me" / with Elizabeth Barnett and Audrey. M. Shillington -- Building collaboration : motivational interviewing in community organization work / with Mike Eichler -- Integrating motivational interviewing into social work practice / with Rhoda Emlyn-Jones, Bill James and Cristine Urquhart -- Final thoughts : lessons learned from training and teaching motivational interviewing.

This highly anticipated second edition features two all-new chapters, including The Human Brain and Social Threat: Impact on Patients and Health Care Professionals and How Do I Know What Skill to Use? Both chapters result from what the authors have learned from their interactions over the past six years with their students and health care professionals. The authors have applied motivational interviewing to the complex behavior change that is central to patients being able to manage chronic illnesses such as diabetes, high blood pressure, high cholesterol, and osteoporosis.. This book identifies critical interactional dynamics to assist health care providers (HCP's) in developing a conversational "flow" with the patient. How does empathic understanding create a relationship that allows patients to discuss

barriers (and benefits) to managing their illnesses? How can the HCP guide patients to choices they can make to manage their illnesses? How do we encourage patients to talk about how they make sense of their illnesses and what is happening to them? Using MI will enable you to communicate with your patients in a clear, concise, and sensible way that helps open your patients to the possibility of behavior change. By using the tools and skills in this revised second edition, you can have a greater impact on improving your patient outcomes. Key Features: - Two new chapters address the human brain and social threat, and how to know what MI skills to use - Provides a practical, step-by-step approach to the use of MI skills and tools in all practice settings - Includes multiple dialogues between HCPs and patients to illustrate the use of MI skills and tools - Case studies vividly demonstrate the application of MI through extensive dialogues with video links - Review questions at the end of each chapter underscore key concepts

"If you're a parent, you've had a moment--maybe many of them--when you've thought, "How did that conversation go so badly?" At some point after the sixth grade, the same kid who asked "why" non-stop at age four suddenly stops talking to you. And the conversations that you wish you could have--ones fueled by your desire to see your kid not just safe and healthy, but passionately engaged--suddenly feel nearly impossible to execute. The good news is that effective communication can be cultivated, learned, and taught. And as you get better at this, so will your kids"--

Especially helpful for clinicians who have an interest in behavior change but do not possess specialized training in addiction treatment. The study questions at the end of most chapters, accompanied by an answer guide, will help reinforce basic concepts and can be used for self-study, board or general review.

Discover the secrets of motivational interviewing and make meaningful, sustainable life changes Motivational interviewing can help you clearly define your goals, think things through, and move toward change. Whether you're considering losing weight, addressing an addiction, leaving a toxic relationship, or any number of other big goals, taking steps toward personal change requires a steadfast mindset and a detailed plan of action. The Motivational Interviewing Workbook is filled with practical prompts, guidance, and support for figuring out long-term goals, developing a solid plan to achieve them, and making a committed change. It will help you build your motivation, clarify your commitment to reaching your goals, and empower you to take charge of your future. The Motivational Interviewing Workbook includes: All about motivational interviewing--Learn about what motivational interviewing is and how it can help you in your journey toward personal change. Start where you are now--Refine your ultimate goal by deciding what you want to do, identifying your obstacles, and exploring why you want to make a change. Your path to personal change--Develop a detailed, concrete plan that will help you concentrate on what's most important to you, get more out of life, be more confident, and know where you want to go. Find motivation, guidance, and support for achieving your long-term goals with The Motivational Interviewing Workbook.

Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

Examines the critical art of rethinking: learning to question your beliefs and to know what you don't know, which can position you for success at work and happiness at home. It is a book about the benefit of doubt, and about how we can get better at embracing the unknown and the joy of being wrong

Motivational Interviewing and Stages of Change without CE Hours Test

Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities. The author is an experienced MI researcher, clinician, and trainer who facilitates learning with quizzes, experiential exercises, and reproducible worksheets. The reader learns step by step how to practice core MI skills: raising the importance of behavior change, fostering the client's confidence, resolving ambivalence, solidifying commitment to change, and negotiating a change plan. The utility of the book is enhanced by the large-size format and lay-flat binding. The book shows how to navigate each session using microskills that many clinicians already know: open-ended questions, affirmations, reflective listening, and summaries, or OARS for short. This book is in the Applications of Motivational Interviewing series.

This pragmatic guide spells out how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Filled with vivid examples, sample dialogues, and "dos and don'ts," the book shows how conducting MI from a developmentally informed standpoint can help practitioners quickly build rapport with young patients, enhance their motivation to make healthy changes, and overcome ambivalence. Experts on specific adolescent problems describe MI applications in such key areas as substance abuse, smoking, sexual risk taking, eating disorders and obesity, chronic illness management, and externalizing and internalizing behavior problems. This book is in the Applications of Motivational Interviewing series.

This authoritative guide, now significantly revised and expanded, has given tens of thousands of clinicians proven tools for helping clients resolve ambivalence and mobilize their energy, commitment, and personal resources for change. Leading experts describe ways to combine motivational interviewing (MI) with other treatments for a wide range of psychological problems, including depression, anxiety disorders, eating disorders, posttraumatic stress disorder, and others. Chapters illustrate the nuts and bolts of intervention, using vivid clinical examples, and review the empirical evidence base. Contributors show how to tailor MI to each population's needs, whether used as a pretreatment or throughout the course of therapy. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers. New

to This Edition *Many new authors. *Extensively revised with the latest theory, practices, and research. *Chapters on domestic violence, addictions, and smoking cessation with adolescents. *Chapter on transdiagnostic treatment.

Are you tired of being told by others--self-help books included--what you should do? Drs. Allan Zuckoff and Bonnie Gorscak understand. That's why this book is different. Whether it's breaking an unhealthy habit, pursuing that dream job, or ending harmful patterns in relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there. The proven counseling approach known as motivational interviewing (MI) can help. Drs. Zuckoff and Gorscak present powerful self-help strategies and practical tools that help you understand why you're stuck, break free of unhelpful pressure to change, and build confidence for developing a personal change plan. Vivid stories of five men and women confronting different types of challenges illustrate the techniques and accompany you on your journey. MI has a track record of helping people resolve long-standing dilemmas in a remarkably short time. Now you can try it for yourself--and unlock your own capacity for positive action.

Motivational Interviewing Helping People Change Guilford Press

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Written expressly for leaders in health care and the social services, this accessible book shows how motivational interviewing (MI) can transform conversations about change within an organization. The authors demonstrate powerful ways to use MI to generate solutions and get employees and organizations unstuck, whether mentoring a staff member in a new role, addressing performance problems, or redesigning procedures or programs. Readers are guided to skillfully and ethically apply the core MI processes--engaging, focusing, evoking, and planning--in the management context. User-friendly features include reproducible worksheets, end-of-chapter self-reflection exercises, and extended case vignettes. Purchasers get access to a companion website where they can download and print these materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Motivational interviewing (MI) is an evidence-based communication style that has applicability to diverse professions ranging from mental and physical healthcare to criminal justice. Professionals use MI to help patients/clients harness their own internal motivations for change and become active partners in developing plans for change. Using MI, a professional can guide patients/clients to make positive changes in life areas such as substance abuse, criminal activity, anxiety and mood problems, poor cardiovascular health, and more. Fundamentals of Motivational Interviewing provides a straightforward, common-language, and user-friendly guide to key concepts in MI. The clinical challenges addressed are ubiquitous across helping professions, and this book is unique in its focus on providing practical guidance on what to do when confronted with each challenge. Based on the authors' years of experience providing training and supervision in MI, this book answers one of the questions most frequently asked by those they have trained: "How can I use MI to address [insert clinical challenge]?" Fundamentals of Motivational Interviewing is an accessible and easy-to-use resource organized and written with the busy provider in mind. It is appropriate for all skill levels ranging from the MI novice with no prior training, to the experienced MI provider seeking to gain new knowledge and skills. Throughout the book the authors use boxes and case examples to clearly illustrate and emphasize key points. The authors also provide clear examples of the sometimes subtle distinction between MI-consistent and MI-inconsistent use of the communication skills and strategies. Professionals from diverse disciplines including medicine, allied health, criminal justice, psychology, counseling, social work, marriage and family therapy, as well as MI trainers working with all of these disciplines will find this book a useful resource, and it would be an appropriate text for any class that seeks to build MI and other psychotherapeutic skills.

Social problems in many domains, including health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, The Handbook of Behavior Change provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge on behavior change and guidance on how to develop effective interventions to change behavior. The measure of a great coach is bringing the best out of athletes. This is the first guide to motivational interviewing (MI)--the proven approach to harnessing the power of conversations to build relationships and trust--for coaches, sport psychologists, training and rehabilitation specialists, and other affiliated staff. Revealing why conventional ways of giving feedback and addressing conflict are often counterproductive, the book presents tried-and-tested methods for getting through to athletes and helping them to thrive. Leading sport psychologists and MI experts--including MI cofounder Stephen Rollnick--provide effective strategies to fire up motivation, promote ownership of personal goals, address problem behavior on and off the field, enhance performance, and improve teamwork. Included are step-by-step examples and inspiring stories from coaches at all levels. Purchasers get access to a Web page where they can download and print the book's reproducible quick-reference sheets on key MI skills. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

This report is based on a rethinking of the concept of motivation, which is redefined here as purposeful, intentional, & positive -- directed toward the person's best interests. This report shows how substance abuse treat. staff can influence change by developing a therapeutic relationship that respects & builds on the client's autonomy & makes the treat. clinician a partner in the change process. Describes motivational interventions that can be used at all stages of the change process, from pre-contemplation & preparation to action & maintenance, & informs readers of the research, results, tools, & assessment instruments related to enhancing motivation.

What is it that makes some therapists so much more effective than others, even when they are delivering the same evidence-based treatment? This instructive book identifies specific interpersonal skills and attitudes--often overlooked in clinical training--that facilitate better client outcomes across a broad range of treatment methods and contexts. Reviewing 70 years of psychotherapy research, the preeminent authors show that empathy, acceptance, warmth, focus, and other characteristics of effective therapists are both measurable and teachable. Richly illustrated with annotated sample dialogues, the book gives practitioners and students a blueprint for learning, practicing, and self-monitoring these crucial clinical skills.

Since the initial publication of this classic text, motivational interviewing (MI) has been used by countless clinicians in diverse settings. Theory and methods have evolved apace, reflecting new knowledge on the process of behavior change, a growing body of outcome research, and the development of new applications within and beyond the addictions field. Including 25 nearly all-new chapters, this revised and expanded second edition now brings MI practitioners and trainees fully up to date. William R. Miller and Stephen Rollnick explain how to work through ambivalence to facilitate change, present detailed guidelines for using their approach with a variety of clinical populations, and reflect on the process of learning MI. Chapters contributed by other leading experts then address such special topics as MI and the stages-of-change model; using the approach with groups, couples, and adolescents; and applications to general medical care, health promotion, and criminal justice settings.

This bestselling work for professionals and students is the authoritative presentation of motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI--engaging, focusing, evoking, and planning--and vividly demonstrates what they look like in action. A wealth of vignettes and interview examples illustrate the "dos and don'ts" of successful implementation in diverse contexts. Highly accessible, the book is infused with respect and compassion for clients. The companion Web page provides additional helpful resources, including reflection questions, an extended bibliography, and annotated case material. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers. New to This Edition: *Reflects major advances in understanding and teaching MI. *Fully restructured around the new four-process model. *Additional case examples and counseling situations. *Reviews the growing evidence base and covers ways to assess MI fidelity. Pedagogical Features Include: *Online reflection questions and annotated cases, ideal for classroom discussion. *Key points at the end of each chapter. *Engaging boxes with special topics and personal reflections. *Extended bibliography and quick-reference glossary.

This is the authoritative, bestselling guide that professionals and students turn to for a complete introduction to motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI -- engaging, focusing, evoking, and planning -- and vividly demonstrates what they look like in action. A wealth of vignettes and interview examples illustrate the "dos and don'ts" of successful implementation in diverse contexts. Highly accessible, the book is infused with respect and compassion for clients. The companion Web page provides additional helpful resources, including reflection questions, an extended bibliography, and annotated case material. New to This Edition: Reflects major advances in understanding and teaching MI. Fully restructured around the new four-process model. All chapters now authored by Miller and Rollnick. Additional case examples and counseling situations. Reviews the growing evidence base and covers ways to assess MI fidelity. Pedagogical Features Include: Online reflection questions and annotated cases, ideal for classroom discussion. Bulleted key points at the end of each chapter. Engaging boxes with special topics and personal reflections. Extended bibliography and quick-reference glossary. This title is part of the Applications of Motivational Interviewing Series, edited by Stephen Rollnick and William R. Miller.

This may be the single most important book you ever buy during your medical training. Rotations come and go, exams come and go, but regardless of specialty, patient-care will be at the heart of your practice. It is no exaggeration to say that motivational interviewing (MI) has transformed the way doctors engage with patients, families, and colleagues alike. MI is among the most powerful tools available to promote behavior change in patients. In an age of chronic diseases (diabetes, hypertension, heart disease, obesity), behavior change is no longer limited to substance use or the field of psychiatry - maladaptive choices and behaviors that negatively impact health outcomes are rampant. There is an explosion of research projects using MI or adaptations of MI in the behavioral health medicine field in the past decade. Hospitalizations can't make people change. How marvelous is it that an evidence-based health behavior change approach (MI) can help people change the outcomes of their illnesses and the course of their lives. This therapeutic approach is not a form of psychotherapy and is not the stuff of cobwebs and old leather couches. MI is readily integrated into regular ward rounds and office visits and provides an effective and efficient approach to patients clinical encounters. Written by experts in the field and medical trainees across medicine, this is the first MI guide of its kind. Its explores how MI enhances contact with patients from every level of training, following an accessible, succinct approach. This book covers the application of MI method and skills into practice and also includes numerous clinical scenarios, personal reflections and online animated clinical vignettes (video clips) that share the challenges and successes the authors have focused. Furthermore this book is endorsed by the pioneers of MI: William R. Miller & Stephen Rollnick.

Drawing on 20 years of practical experience, research and teaching in the field, this book is a comprehensive guide on the use of Motivational Interviewing (MI) in child protection and family social work. MI increases the likelihood of behavioural change, working with client resistance to encourage a constructive environment when initiating difficult conversations. This makes it particularly effective for child and family social care. Drawing on over 500 studies spanning 11 local authorities, this book uses recordings of real meetings between social workers and families to explain what MI is, how it can be used in child and family social work and how to improve MI skills. An invaluable resource for frontline child protection and family social workers, this book will enable to help you to better understand the needs of the people you support and be more effective in providing the right kind of support.

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