

## Motivational Interviewing Third Edition Helping People Change Applications Of Motivational Interviewing

Many tens of thousands of mental health and health care professionals have used this essential book--now significantly revised with 70% new content reflecting important advances in the field--to develop and sharpen their skills in motivational interviewing (MI). Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities. Readers build proficiency for moving through the four processes of MI--engaging, focusing, evoking, and planning--using open-ended questions, affirmations, reflective listening, and summaries (OARS), plus information exchange. In a large-size format for easy photocopying, the volume includes more than 80 reproducible worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials. New to This Edition \*Fully revised and restructured around the new four-process model of MI. \*Chapters on exploring values and "finding the horizon." \*Additional exercises, now with downloadable worksheets. \*Teaches how to tailor OARS skills for each MI process. \*Integrates key ideas from positive psychology. Winner (First Place)--American Journal of Nursing Book of the Year Award, Adult Primary Care Category This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers. 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.

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.

Psychiatric Interviewing, 2nd Edition provides concrete methods for exploring sensitive topics such as domestic violence, incest, drug abuse, and the sexual history. Dr. Shea also discusses methods of handling awkward questions and client anger and transforming other common resistances. What's more, in-depth coverage of fundamentals such as structuring techniques, efficient time management, and nonverbal language help you to develop an effective interviewing style."--Jacket.

Motivational Interviewing, Second Edition  
When Epiphanies and Sudden Insights Transform Ordinary Lives  
Treating Addiction, Second Edition

Quantum Change

Motivational Interviewing in Diabetes Care

Facilitating Change in Organizations

Motivational Interviewing for Health Care Professionals

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.

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 codewveloper 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 for use 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.

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

Brings together experts to describe novel motivational interviewing applications in the treatment of anxiety, depression, PTSD, suicidal behavior, obsessive-compulsive disorder, eating disorders, gambling addictions, schizophrenia, and dual diagnoses. This book also addresses MI approaches in the criminal justice system.

Building Motivational Interviewing Skills

The Art of Empathic Understanding

Motivational Interviewing in Nutrition and Fitness

How to Use What You Want and How to Get There

Motivational Interviewing in Health Care

Motivational Interviewing in Social Work Practice

How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There

Braithwaite argues that shame can be used as a constructive way to help criminals.

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.

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 informative and straightforward book explores the emergence of motivational interviewing (MI) and cognitive behavioural therapy (CBT), with specific attention given to the increasing focus on the central importance of the therapeutic alliance in improving client outcomes. Comprising 30 short chapters divided into two parts [ theory and practice ] this entry in the popular "CBT Distinctive Features Series" covers the key features of MI-informed CBT, offering essential guidance for students and practitioners experienced in both MI and CBT, as well as practitioners from other theoretical orientations who require an accessible guide to this developing approach.

Building Motivational Interviewing Skills, Second Edition

The Handbook of Behavior Change

Motivational Interviewing in the Treatment of Psychological Problems, Second Edition

Motivational Interviewing for Clinical Practice

Combining Strategies for Maximum Effectiveness

Social Work in Juvenile and Criminal Justice Settings

Preparing People for Change

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 Exercises to Change what You Want 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.

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.

Motivational InterviewingHelping People ChangeGuilford Press

The definitive text on motivational interviewing (MI) written by and for social workers has now been updated and expanded with 60% new material, including a revised conceptual framework, cutting-edge applications, and enhanced pedagogical features. Melinda Hohman and her associates demonstrate what MI looks like in action, how it transforms conversations with clients, and how to integrate it into social work practice in a wide range of settings. Extensive new case examples and annotated sample dialogues bring the concepts to life, helping readers build their own repertoires of MI skills. The book also summarizes the research base for MI and shares expert recommendations for teaching, training, and professional development. New to This Edition \*Expanded and restructured around the current four-process model of MI (engaging, focusing, evoking, and planning). \*Content is explicitly linked to the Council on Social Work Education's Educational Policy and Accreditation Standards (EPAS) and the Grand Challenges for Social Work. \*Chapter on MI through the lens of critical race theory. \*Chapter on innovative applications in the areas of trauma, food insecurity, and environmental justice. \*Additional pedagogical features--"Voices from the Field" boxes written by social workers in a variety of roles, and end-of-chapter reflection questions. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Smart Calling

Motivational Interviewing and CBT

Motivational Interviewing with Offenders

Psychiatric Interviewing

The Psychology of Change

Clinical Skills That Improve Client Outcomes

Motivational Interviewing for Leaders in the Helping Professions

**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**

**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 in 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.**

**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.**

**Motivational Interviewing and Stages of Change without CE Hours Test**

**Coaching Athletes to Be Their Best**

**Crime, Shame and Reintegration**

**Integrating Best Practices for Substance Abuse Professionals**

**The Art of Understanding : a Practical Guide for Psychiatrists, Psychologists, Counselors, Social Workers, Nurses, and Other Mental Health Professionals**

**A Sensible Approach**

**Listening Well**

**Distinctive Features**

Written by three psychologists with different training and viewpoints (clinical, behavioral, humanistic), this text draws together a large body of theory and research to provide a broad and balanced overview of adjustment.

The rich inner world of a human being is far more complex than either/or. You can love and hate, want to go and want to stay, feel both joy and sadness. Psychologist William Miller--one of the world's leading experts on the science of change--offers a fresh perspective on ambivalence and its transformative potential in this revealing book. Rather than trying to overcome indecision by force of will, Dr. Miller explores what happens when people allow opposing arguments from their "inner committee members" to converse freely with each other. Learning to tolerate and even welcome feelings of ambivalence can help you get unstuck from unwanted habits, clarify your desires and values, explore the pros and cons of tough decisions, and open doorways to change. Vivid examples from everyday life, literature, and history illustrate why we are so often "of two minds," and how to work through it. This widely respected text and practitioner guide, now revised and expanded, provides a roadmap for effective clinical practice with clients with substance use disorders. Specialists and nonspecialists alike benefit from the authors' expert guidance for planning treatment and selecting from a menu of evidence-based treatment methods. Assessment and intervention strategies are described in detail, and the importance of the therapeutic relationship is emphasized throughout. Lauded for its clarity and accessibility, the text includes engaging case examples, up-to-date knowledge about specific substances, personal reflections from the authors, application exercises, reflection questions, and end-of-chapter bulleted key points. New to This Edition \*Chapters on additional treatment approaches: mindfulness, contingency management, and ways to work with concerned significant others. \*Chapters on overcoming treatment roadblocks and implementing evidence-based treatments with integrity. \*Covers the new four-process framework for motivational interviewing, diagnostic changes in DSM-5, and advances in pharmacotherapy. \*Updated throughout with current research and clinical recommendations.

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.

Motivational Interviewing

Shared Decision Making in Health Care

Enhancing Motivation for Change in Substance Abuse Treatment

On Second Thought

Eliminate the Fear, Failure, and Rejection From Cold Calling

Motivational Interviewing in Schools

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.

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 Emlay-Jones, Bill James and Cristine Urquhart -- Final thoughts : lessons learned from training and teaching motivational interviewing.

People with diabetes often struggle to make healthy choices and stay on top of managing their illness. Filling a vital need, this is the first book to focus on the use of motivational interviewing (MI) in diabetes care. The uniquely qualified authors--physician Marc P. Steinberg has devoted much of his career to diabetes care, and renowned clinical psychologist William R. Miller is the codewveloper of MI--present proven counseling techniques that can make any conversation with a patient more efficacious and motivating. Numerous sample dialogues illustrate specific ways to elicit patients' strengths and help them overcome barriers to change in such areas as eating habits, physical activity, medication use, insulin treatment, substance abuse, psychological issues, and more. 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.

Helping People Change

Motivational Interviewing in Social Work Practice, Second Edition

The Motivational Interviewing Workbook

Helping Patients Change Behavior

Strategies for Engaging Parents, Teachers, and Students

CPT 2021 Professional Edition

A Guide for Professionals

**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.**

**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.**

**CPT® 2021 Professional Edition is the definitive AMA-authored resource to help health care professionals correctly report and bill medical procedures and services. Providers want accurate reimbursement. Payers want efficient claims processing. Since the CPT® code set is a dynamic, everchanging standard, an outdated codebook does not suffice. Correct reporting and billing of medical procedures and services begins with CPT® 2021 Professional Edition. Only the AMA, with the help of physicians and other experts in the health care community, creates and maintains the CPT code set. No other publisher can claim that. No other codebook can provide the official guidelines to code medical services and procedures properly. FEATURES AND BENEFITS The CPT® 2021 Professional Edition codebook covers hundreds of code, guideline and text changes and features: CPT® Changes, CPT® Assistant, and Clinical Examples in Radiology citations -- provides cross-referenced information in popular AMA resources that can enhance your understanding of the CPT code set E/M 2021 code changes - gives guidelines on the updated codes for office or other outpatient and prolonged services section incorporated A comprehensive index -- aids you in locating codes related to a specific procedure, service, anatomic site, condition, synonym, eponym or abbreviation to allow for a clearer, quicker search Anatomical and procedural illustrations -- help improve coding accuracy and understanding of the anatomy and procedures being discussed Coding tips throughout each section -- improve your understanding of the nuances of the code set Enhanced codebook table of contents -- allows users to perform a quick search of the codebook's entire content without being in a specific section Section-specific table of contents -- provides users with a tool to navigate more effectively through each section's codes Summary of additions, deletions and revisions -- provides a quick reference to 2020 changes without having to refer to previous editions Multiple appendices -- offer quick reference to additional information and resources that cover such topics as modifiers, clinical examples, add-on codes, vascular families, multianalyte assays and telemedicine services Comprehensive E/M code selection tables -- aid physicians and coders in assigning the most appropriate evaluation and management codes Adhesive section tabs -- allow you to flag those sections and pages most relevant to your work More full color procedural illustrations Notes pages at the end of every code set section and subsection**

**In this completely revised and updated classic, Professors Roberts and Springer, along with 51 justice-oriented and forensic experts, have set the standard of care for mental health treatment and the delivery of social services to crime victims, juvenile and adult offenders, and their families. The second edition of Social Work in Juvenile and Criminal Justice Settings was published almost ten years ago in 1997, and was also translated to Chinese. Now Dr. Roberts, Dr. Springer, and their team of 51 prominent chapter authors have done such a thorough job of updating and finding new authors, that the end result is a comprehensive new book. In this third edition, 16 of the 31 chapters are new and specially written for this book. A growing number of mental health professionals are recognizing the need to examine current evidence-based program developments, assessment, and treatment practices with crime victims and offenders. This book focuses on the multiple roles and practices of justice social workers, also known as forensic social workers and crisis counselors. Many professional social workers, counselors and field placement students work in corrections and probation, forensic mental health, addictions treatment, juvenile justice, victim assistance, and police social work settings. In the words of Dean Barbara W. White (former President, Council on Social Work Education, and NASW) in her laudatory Foreword to this edition: "This groundbreaking book provides the necessary blueprints and guidelines for best practices with crime victims as well as juvenile and adult offenders in institutional, community-based, diversion, and aftercare programs. . . . This is the first all-inclusive, authoritative, exceptionally well-written volume on social policies and social work practices in both juvenile justice and criminal justice settings. . . . This book is a landmark achievement." An increasing number of offenders and victims have been found to be**

**Adjustment**

**Motivational Interviewing in Sports**

**Motivational Interviewing in Groups**

**Motivational Interviewing in the Treatment of Psychological Problems**

**Effective Psychotherapists**

**Motivational Cognitive Behavioural Therapy**

**Engagement, Rehabilitation, and Reentry**

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.

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.

Over the past decade health care systems around the world have placed increasing importance on the relationship between patient choice and clinical decision-making. In the years since the publication of the second edition of Shared Decision Making in Health Care, there have been significant new developments in the field, most notably in the US where 'Obamacare' puts shared decision making (SDM) at the centre of the 2009 Affordable Care Act. This new edition explores shared decision making by examining, from practical and theoretical perspectives, what should comprise an effective decision-making process. It also looks at the benefits and potential difficulties that arise when patients and clinicians share health care decisions. Written by leading experts from around the world and utilizing high quality evidence, the book provides an up-to-date reference with real-word context to the topics discussed, and in-depth coverage of the practicalities of implementing and teaching SDM. The breadth of information in Shared Decision Making in Health Care makes it an essential resource for policy-makers and health care workers. As health care systems adapt to increasingly collaborative patient-clinician care frameworks, this will also prove a useful guide to SDM for clinicians of all disciplines.

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.

A Practitioner Workbook

Preparing People to Change Addictive Behavior

Finding Your Way to Change

Motivational Interviewing and Stages of Change

Conversations to Improve Behavior and Learning

Achieving evidence-based patient choice

How Ambivalence Shapes Your Life

*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.*

*From experts on working with court-mandated populations, this book shows how motivational interviewing (MI) can help offenders move beyond resistance or superficial compliance and achieve meaningful behavior change. Using this evidence-based approach promotes successful rehabilitation and reentry by drawing on clients' values, goals, and strengths--not simply telling them what to do. The authors clearly describe the core techniques of MI and bring them to life with examples and sample dialogues from a range of criminal justice and forensic settings. Of crucial importance, the book addresses MI implementation in real-world offender service systems, including practical strategies for overcoming obstacles. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.*

*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.*

*TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)*