

Motivational Interviewing Third Edition Book

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. 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.

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 codeveloper 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. Winner (First Place)--American Journal of Nursing Book of the Year Award, Adult Primary Care Category

The third edition of *Fitting and Dispensing Hearing Aids* provides clinical audiologists, hearing instrument specialists, and graduate students with the latest in practical information reflecting current clinical practice standards. Authored by two of the industry's leading authorities on adult amplification and audiology practice management, the book is sequenced to match the patient's journey through a clinical practice. Its 12 chapters are packed with the latest commercial innovations in hearing aids, basic hearing assessment procedures, patient-related outcome measures, and innovative counseling techniques. Experienced clinicians will also find the updated chapters on help-seeking behavior and hearing aid features and benefits to be valuable to their continued professional development. Hearing aid dispensing always has been a technology-driven profession, heavily dependent on the expertise, thoughtfulness, and good judgment of the licensed professional. Over the past few years, even as technology has continued to evolve at breakneck speed, these skills have become more relevant than ever in the delivery of high-quality patient care, especially to the rapidly aging Baby Boomer population. This bestselling text is required reading for those studying to obtain their hearing aid dispensing license or audiology or speech pathology students looking for the latest in dispensing and fitting hearing aids in a succinct, entertaining format. Because each chapter is written around a specific theme--like wine tasting, travel, baseball, country music, and more--this succinct and entertaining textbook is actually fun to read! New to the Third Edition: * The chapters devoted to fitting modern hearing aids have been thoroughly updated * Thoroughly updated chapter on connectivity * Material on over-the-counter hearing aids and automated real ear measures * Information on newer outcome measures and updated approaches to counseling patients * Information on hearables, self-fitting hearing aids, over-the-counter hearing aids, and personal sound amplification products (PSAPs) * Complete review of all special features with case study examples * Revised appendix with several up-to-date industry resources

A student-friendly introduction to social work theories and methods, drawing on current social work research.

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. It 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.

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.

"Subject Areas/Keywords: addictions, ambivalence, chronic health conditions, group psychotherapy, group therapy, intimate partner violence, MI, motivational interviewing, psychoeducational groups, resistance, sexual offenders, substance abuse, substance use disorders, support groups DESCRIPTION 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"--

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.

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.

Motivational Interviewing Helping People Change Guilford Press

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The text is a comprehensive guide to the most commonly used theories and methods in social work practice. The introductory chapter covers the similarities and differences between a theory and a method, as well as psychosocial theories and concepts. Each subsequent chapter then explores in detail how to implement theories and methods, their strengths and limitations, alongside case examples, critical thinking questions and suggested further resources. Key features: • Illustrative case studies • Exercises • Case examples • Critical thinking questions • Further readings/resources • Revised content, including the addition of genograms and ecomaps This is a practical and essential guide for all social work students, practitioners, and practice educators who are working with students in field placements. The book is an updated third edition to a successful and established series. "The clarity with which Teater describes complex concepts for social workers is refreshing. This book will help promote understanding and best practice whilst being firmly grounded in key theories. It is a 'must have' for all social workers wherever they practise!" Dr Jonathan Parker, Professor of Society & Social Welfare, Bournemouth University, UK "This latest edition of 'Theories and Methods' is as solid as its predecessors academically, with a clear and easy to follow structure that makes it accessible in a way many such books are not. I have used previous editions in many situations, settings and levels, and endorse this latest as a must-have for anyone involved with social work. Explanation is clear and the use of tables, diagrams and cases bring the theory alive and enable users to realistically transfer theory to practice. The use of exercise and questions provide a springboard to deeper learning as do the handy references and pointers to further reading at the end of each chapter. Inclusion of sections such as the 'cultural and ethical considerations' lend themselves to self-analysis, exploration and ultimately self-development. A dream of a book to work with as an academic, tutor, practice educator and trainer...as well as student." Michele Winter, Independent Social Worker & Teacher/Trainer, Social Care Training "I can wholeheartedly recommend this revised and updated edition of Barbra Teater's highly successful book. It remains essential reading for practitioners, undergraduate and postgraduate students of social work. The book provides a compelling and easily accessible analysis of key theories and methods. It challenges both students and practitioners to consider and reconsider how they can apply theories and methods to practice more effectively." Prof Hugh McLaughlin, Manchester Metropolitan University, UK "What a great book – Barbra Teater and colleagues have managed to bring together a wealth of learning about different theories and methods of social work intervention in a clearly written and accessible format. Each chapter is focused on the application of theory to practice, and as such helps to act as a bridge from the classroom to direct work with individuals, families and groups. This new and updated edition is very likely to be one of those books that students have by their side throughout their studies, and bring with them into professional practice after graduation." Dr John Devaney, Centenary Professor of Social Work, University of Edinburgh, UK

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.

FULLY REVISED, COMPREHENSIVE, AND PRACTICAL Learning the Language of Addiction Counseling, Fourth Edition introduces counselors, social workers, and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction. Drawing from her years of experience working in the addiction-counseling field, Geri Miller provides an engaging, balanced overview of the major theoretical foundations and clinical best practices in the field. Fully updated, the Fourth Edition offers a positive, practice-oriented counseling framework and features: A research-based, clinical application approach to addiction counseling that practitioners can turn to for fundamental, practical, clinical guidelines Revised chapters that reflect important changes in research and practice, including new DSM-5 criteria, new assessment instruments, and new and expanded treatments Case studies, interactive exercises, end-of-chapter questions, and other resources that facilitate the integration of knowledge into practice "Personal Reflections" sections at the beginning of each chapter provide an invaluable, unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips, PowerPoint® slides, test bank questions for each chapter, and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional, this comprehensive book covers all of the essentials.

Highly Commended at the British Medical Association Book Awards 2016 Clinical Communication in Medicine brings together the theories, models and evidence that underpin effective healthcare communication in one accessible volume. Endorsed and developed by members of the UK Council of Clinical Communication in Undergraduate Medical Education, it traces the subject to its primary disciplinary origins, looking at how it is practised, taught and learned today, as well as considering future directions. Focusing on three key areas – the doctor-patient relationship, core components of clinical communication, and effective teaching and assessment – Clinical Communication in Medicine enhances the understanding of effective communication. It links theory to teaching, so principles and practice are clearly understood. Clinical Communication in Medicine is a new and definitive guide for professionals involved in the education of medical undergraduate students and postgraduate trainees, as well as experienced and junior clinicians, researchers, teachers, students, and policy makers.

"Fundamentals of Motivational Interviewing provides a straightforward, common-language, and user-friendly guide to key concepts in MI"--

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 ½" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

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 people get unstuck from unwanted habits, clarify their 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.

The approach to motivational interviewing discussed in this book will be useful to student affairs professionals and academic advisors working in a variety of higher education positions. It begins in Chapter 1 by providing a description and a brief history of MI, noting some of its connections to counseling and social psychology. Chapter 2 explores in more detail the spirit of MI—the key relational components that the professional using MI is attuned to. This interpersonal attitude can be summarized within four key principles: partnership, acceptance, compassion, and evocation. Chapter 3 presents an overview of some contemporary models of academic advising and student affairs practice. Chapter 4 covers the basic MI skill set, which is referred to by the shorthand OARS. Chapter 5 discusses the four processes in MI conversations about change: engaging, focusing, evoking, and planning. Chapter 6 elaborates on the evoking stage and provide an expanded discussion concerning “change talk” and “sustain talk.” Change talk refers to student statements that express a desire, need, or readiness to change, while sustain talk refers to student statements that indicate maintenance of the status quo or a reluctance to change. In addition to providing more in-depth definitions of these concepts and examples of student statements, strategies are presented for increasing or evoking change talk and softening sustain talk. In Chapter 7, intermediate to advanced MI skills are addressed to prepare the highly motivated staff member for higher-level training that can be obtained through workshops, observation, and coaching. Chapter 8 puts everything together in two case examples. Chapter 9 provides some additional exercises that can be used to practice and develop MI basic and intermediate skills. Lastly, some brief concluding remarks are provided in Chapter 10. 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.

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