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Motivational Interviewing in Groups - Christopher C. Wagner -

Motivational Interviewing and Stages of Change - Kathleen M. Tomlin - 2005-04-28
Motivational Interviewing and Stages of Change without CE Hours Test

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Motivational Interviewing and Stages of Change - Kathleen M. Tomlin - 2004
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Motivational Interviewing and Stages of Change in Intimate Partner Violence - Dr. Roland Mauro, PhD - 2009-05-18
Motivational Interviewing has becoming increasingly widespread among counselors and therapists, but no book to date has focused exclusively on applying Motivational Interviewing to domestic and partner violence. Written by established authorities in the field, the chapters in this volume represent important applications of motivational enhancement strategies to intimate partner violence with both victims and batterers. These studies include descriptive research on victims and perpetrators of abuse, measurement issues in assessing stages of change, and real-world applications of motivational interviewing. Murphy and Mauro illustrate both the benefits and challenges inherent in this growing area of research.

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Motivational Interviewing Preparing People for Change - - 2015

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Motivational Interviewing Groups - Christopher C. Wagner - 2012-11-28
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.

Motivational Interviewing in Health Care - Stephen Rollnick - 2008-01-01
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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TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019) - U.S. Department of Health and Human Services -

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Motivational Interviewing - William R. Miller - 2012-09-01
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.
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A blend of theory and counseling techniques, this comprehensive text provides readers with an overview of several major counseling theories and their application to substance use disorders and addiction counseling, along with related techniques and interventions. Chapters incorporate cutting edge evidenced-based research on neuroscience, psychological and sociocultural theories explaining the biopsychosocial influences of substance use disorders, and examines how substance use disorder risk factors can be utilized when assessing someone who may have a substance use disorder. The text additionally helps apply theory to practice, offering intervention techniques and using accessible case studies. Throughout the text, highlighted learning opportunities and key terms further help students to practice and apply the theories, interventions and techniques that the book discusses. Mental health professionals, undergraduate and graduate students alike will benefit from this deft mix of prominent theory, innovative research and accessible case studies.


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The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition *Reflects significant developments in research and clinical practice. *Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. *Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. *41 of the 58 handouts are new or revised; all are now downloadable. See also Substance Abuse Treatment and the Stages of Change, Second Edition, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

Motivational Interviewing and CBT - Sylvie Naar - 2017-07-12

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 the 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.

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Enhancing Motivation for Change in Substance Abuse Treatment - William R. Miller - 1999

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.

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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.

Building Motivational Interviewing Skills - David B. Rosengren - 2012-09-26

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.


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.


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Substance Abuse Treatment and the Stages of Change - Gerard J. Connors - 2013-01-01

A widely adopted practitioner resource and course text, this book shows how to apply knowledge about behavior change in general -- and the stages-of-change model in particular -- to make substance abuse treatment more effective. The authors are leaders in the field who describe ways to tailor interventions for clients with varying levels of motivation or readiness to change. They draw on cutting-edge theory and research to explain what works (and what doesn't work) at different stages of change. Rich clinical
Motivational Interviewing in Pro-Life Palliative Care - Tiffany A. Riebel

of-change model to inform treatment planning and intervention for individuals, groups, couples, and families. New to This Edition *Reflects the ongoing development of the stages-of-change model and research advances over the past decade. *Chapter on stage-based brief interventions in health care, social service, and community settings. *Group treatment chapter has been significantly revised. *Expanded coverage of the change processes relevant to each stage.

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Motivational Interviewing - Jacqueline Corcoran - 2016-07-06

Motivational interviewing is a person-centered, collaborative method for exploring ambivalence and enhancing motivation to change. Compatible with social work values and ethics, it is applicable to the wide range of problems and helping situations with which direct practice social workers are involved. One such by-product of working with vulnerable and oppressed clients -- people to whom social work is committed -- is that social workers are often employed in public agencies with people who have been ordered by the courts to attend services. In order to work successfully with mandated populations, helpers have to consider how they will access those who initially appear unmotivated to change. Motivational interviewing provides the stance and the tools to be able to achieve this effectively, while maintaining human dignity and respect of the individual. And although it can be used as a stand-alone model, motivational interviewing has also been employed as an initial intervention so that people become more motivated to participate in other services; it can be used flexibly on its own or integrated with other, more action-oriented interventions. This workbook, with its infusion of examples and numerous exercises, will help students and beginning practitioners develop the knowledge and skills to work collaboratively with clients and to build their motivation to change problem behaviors.

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Motivational Interviewing in Pro-Life Palliative Care - Tiffany A. Riebel - 2019-06-07

In this booklet, the components of the therapeutic modality of Motivational Interviewing (a.k.a motivational counseling or coaching) in the context of end-of-life care will be explained in light of a pro-life palliative health care practice. Also included: (RFL) Reason for Living Inventory (short version) Catholic Order for the Blessing for the Sick, Order for the Blessing of Sick Children, Shorter Rite Maurus Blessing Catholic Sacraments and Sacramentals Catholic Resources

Motivational Interviewing in HIV Care - Antoine Douaihy - 2020

"MI is a practical, brief, and evidence-based approach that takes into consideration how difficult it is to make behavioral changes. Ambivalence represents a patient’s experience of simultaneously feeling conflicted (two ways) about changing one’s behavior; for example, concurrently wanting to make a change while also feeling reluctant to do so."--

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Handbook of Motivation and Change - Petros Levounis - 2010

Handbook of Motivation and Change: A Practical Guide for Clinicians is a busy clinician’s guide to Motivational Interviewing. With a special focus on substance use disorders and addiction, this unique handbook equips readers with a full understanding of the Motivational Interviewing approach -- an understanding that readers can flexibly apply to address the challenges of motivation and change even beyond substance use. A multidisciplinary book, written by more than 20 practitioners of different psychotherapies who employ motivational work, this volume features a collection of case studies punctuated by movie references that illustrate discussed concepts, practical suggestions for formulating motivational statements, and case-based theoretical key points and multiple-choice questions for readers. Authors focus on interventions ranging from psychopharmacology to support groups like Alcoholics Anonymous, zero in on the unique challenges of treating patients at various stages of their lives, examine how motivational work can change a culture, and discuss the evidence base of this effective and compelling therapy. The practical reach of this handbook will appeal not only to the general psychiatrist but to family practitioners, internists, pediatricians, medical students, and allied professionals. More than a how-to manual, this book provides clinicians with expert insight and information that will help them meet their patients in the midst of the very real challenges of motivation and lasting change. This handbook: * Provides actual case studies written by psychiatrists working directly with patients with substance use disorders. * Is built on the main theoretical platforms of two ground-breaking innovations in addiction treatment: 1) Prochaska and DiClemente's transtheoretical or stages of change model and 2) Miller and Rollnick's Motivational Interviewing.* Explores the fundamentals of motivation and changing motivational states within the context of social work practice.* Explores addiction through the lens of motivational work, this volume features a collection of case studies punctuated by movie references that illustrate discussed concepts, practical suggestions for formulating motivational statements, and case-based theoretical key points and multiple-choice questions for readers. Authors focus on interventions ranging from psychopharmacology to support groups like Alcoholics Anonymous.* Details the unique challenges of treating patients throughout the life cycle, including adolescents and older adults. Handbook of Motivation and Change: A Practical Guide for Clinicians is accessible to both clinicians with an interest in substance use disorders and to clinicians who do not have specialized knowledge or expertise in addiction treatment. Its 16 chapters are augmented by two appendixes featuring Internet resources and movie listings that demonstrate a wide range of addiction-and change-related topics. This handbook will be a well-used diagnostic reference in the library of any professional seeking a better understanding of motivational work and the treatment of substance use disorders.

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The Wiley Handbook of Healthcare Treatment Engagement - Andrew Hadler - 2020-01-30
Against a global backdrop of problematic adherence to medical treatment, this volume addresses and provides practical solutions to the simple question: "Why don't patients take treatments that could save their lives?" The Wiley handbook of Healthcare Treatment Engagement offers a guide to the theory, research and clinical practice of promoting patient engagement in healthcare treatment at individual, organizational and systems levels. The concept of treatment engagement, as explained within the text, promotes a broader view than the related concept of treatment adherence. Treatment engagement encompasses not merely the presence of an action (a patient taking medication) but rather the lifestyle factors which may impact healthcare outcomes as much as medication-taking, as well as practical, economic and cultural factors which may determine access to treatment. Over a span of 32 chapters, an international panel of expert authors address this far-reaching and fascinating field, describing a broad range of evidence-based approaches which stand to improve clinical services and treatment outcomes, as well as the experience of users of healthcare service and practitioners alike. This comprehensive volume adopts an interdisciplinary approach to offer an understanding of the factors governing our healthcare systems and the motivations and behaviors of patients, clinicians and organizations. Presented in a user-friendly format for quick reference, the text first supports the reader’s understanding by exploring background topics such as the considerable impact of sub-optimal treatment adherence on healthcare outcomes, before describing practical clinical approaches to promote engagement in treatment, including chapters referring to specific patient populations. The text recognizes the support which may be required throughout the depth of each healthcare organization to promote patient engagement, and in the final section of the book, other perspectives to inform the development of healthcare services with which patients will be more likely to seek to engage. This important book: Provides a comprehensive summary of practical approaches developed across a wide range of clinical settings, integrating research findings and clinical literature from a variety of disciplines Introduces and compliments existing approaches to improve communication in healthcare settings and promote patient choice in planning treatment Presents a range of proven clinical solutions that will appeal to those seeking to improve outcomes on a budget Written for health professionals from all disciplines of clinical practice, as well as service planners and policy makers, The Wiley Handbook of Healthcare Treatment Engagement is a comprehensive guide for individual practitioners and organizations alike.

The stages-of-change model has become widely known as a framework for conceptualizing recovery. Less well known are the processes that drive movement through the stages or how the stages apply to becoming addicted. From Carlo C. DiClemente, codveloper of the transtheoretical model, this book offers a panoramic view of the entire continuum of addictive behavior change. The author illuminates the common path that individuals travel as they establish and reinforce new patterns of behavior, whether they are developing an addiction or struggling to free themselves from one, and regardless of the specific addictive behavior. The book addresses crucial questions of why, when, and how to intervene to bolster recovery in those already addicted and reach out effectively to people at risk.

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Why social work and motivational interviewing? -- The heart of motivational interviewing -- Motivational interviewing and the engagement and assessment process / with Hilda Loughran 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. Shilling -- Building collaboration : motivational interviewing in community organization work / with Mike Eicher -- 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.

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Beyond the Therapeutic Alliance -- 1997


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Quantum Change - William R. Miller - 2011-10-21

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 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.

Health Behavior Change - Pip Mason - 2012-01-25

* 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
Mental Health, Diabetes and Endocrinology examines the main areas of clinical overlap between endocrinology and mental health to address key clinical conundrums. Drawing on the most recent developments from literature and clinical practice, this book gives specific attention to the main areas where clinical conundrums and treatment challenges arise across endocrinology, psychiatry, psychology and primary care. Common challenges in this area include depression which can impact on the person's ability to self-care and to adhere to treatment (with consequences for their morbidity and mortality); ‘diablaemia’ associated with high mortality rates; obesity and associated mental disorders; cognitive impairment and mental capacity; anti-psychotic medications and their endocrine sequelae; and specific setting-related considerations. Mental Health, Diabetes and Endocrinology is a useful resource for the overlapping conditions across these specialities, and provides clinically-focused evidence-based resources for all health care professionals who encounter these issues.

Mental Health, Diabetes and Endocrinology - Anne M. Doherty - 2021-10-28

About a decade ago, psychologists began exploring the commonalities among alcohol and drug abuse, smoking, and obesity. The term sub stance abuse evolved into the current concept of addictive behaviors, which recognizes similarities with other behaviors that do not involve consummatory responses (e.g., pathological gambling, compulsions, sexual deviations). Professional societies and journals now have been founded in both Britain and the United States with the purpose of focusing on research and treatment of addictive behaviors. As the field has evolved, new models have emerged to address the questions and puzzles that face professionals. This volume examines some of these current issues and, in particular, explores common pro cesses of change that seem to cut across the addictive behaviors. The chapters are based on papers presented at the Third International Conference on Treatment of Addictive Behaviors, which was held at North Berwick, Scotland, in August of 1984. The conference was organized around an integrative model of stages and processes of change that has been useful in organizing new knowledge about how to intervene with addictive behaviors. This model is set forth by its authors, Jim Prochaska and Carlo DiClemente, in Chapter 1. In Chapter 2, Fred Kanfer ex punds his own model of self-regulation, which overlaps nicely with the Prochaska-DiClemente framework and provides a behavioral-theoretical context.

Treating Addictive Behaviors - William R. Miller - 2013-06-29

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12 Rules for Life - Jordan B. Peterson - 2018

“What does everyone in the modern world need to know? [The author’s] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the word’s wisdom into 12 practical and profound rules for life.”

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A twelve week study was conducted utilizing 13 hemodialysis patients who were randomly divided into two groups. The study evaluated a hemodialysis patients’ willingness to comply with their fluid allowance as it related to their motivational level. A survey was provided to determine readiness for change. The motivational interviewing group was provided education based upon the results of the survey and the traditional education group provided handouts focusing on fluid and sodium control. Mean weight change for the motivational interviewing group in April 0.036 ± 0.01, May 0.035 ± 0.009, June 0.033 ± 0.010 and July 0.026 ± 0.009 and the traditional education group in April 0.034 ± 0.008, May 0.035 ± 0.008, June 0.035 ± 0.009, June 0.033 ± 0.010 and July 0.026 ± 0.009 and the traditional education group was 0.035 ± 0.009 and July 0.027 ± 0.009 and the traditional education group in April 0.034 ± 0.008, May 0.035 ± 0.008, June 0.035 ± 0.009, June 0.033 ± 0.010 and July 0.026 ± 0.009. Although the subjects did show an improvement in interdialytic weight gain there was no statistical significance between utilizing motivational interviewing techniques versus traditional education techniques.

Utilizing the Stages of Change Model and Motivational Interviewing Techniques to Improve Interdialytic Weight Gain in Hemodialysis Patients - Meredith L. Raimondi - 2011

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Psychotherapy for the Advanced Practice Psychiatric Nurse - Kathleen Wheeler - 2012-05-25

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