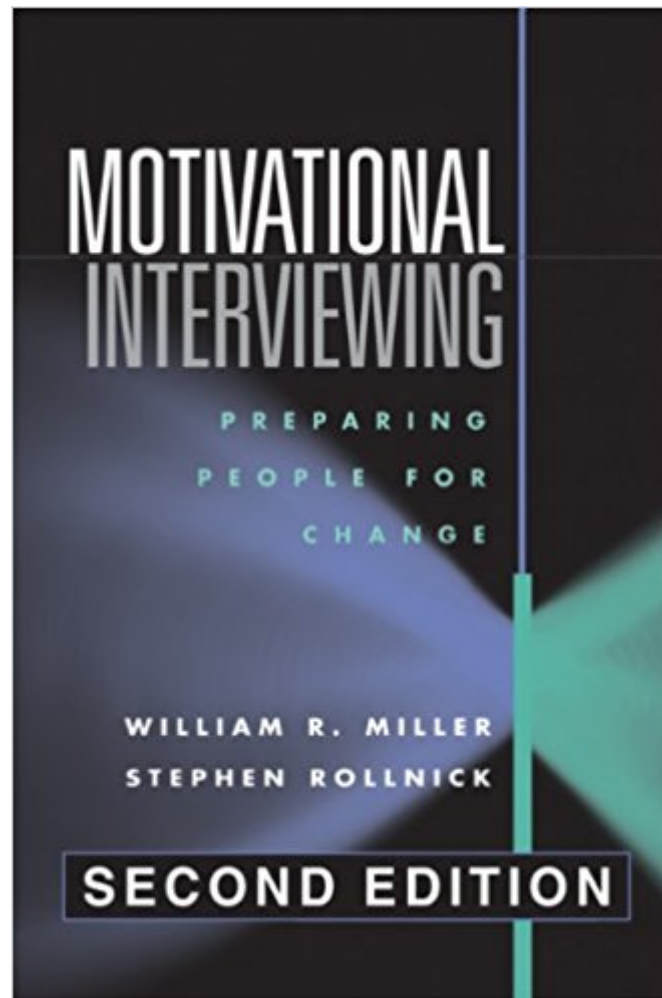




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# Motivational Interviewing: Preparing People For Change, 2nd Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

"Miller and Rollnick have initiated an interdisciplinary movement in how practitioners can interact with patients to facilitate behavior change. The term motivational interviewing (MI) is even becoming part of the vernacular in medicine. However, the diffusion process runs the risk of diluting the spirit and fidelity of MI. This second edition will help to circumvent this tendency. The book adds substance, breadth, clarity, and evidence to the clinical and training processes, and will add momentum to mainstreaming motivational approaches to behavior change in health care. Primary care physicians and practitioners can enrich their professional work and improve patient outcomes by learning about MI. I expect exponential progress will occur over the next 10 years."--Rick Botelho, MD, Department of Family Medicine, University of Rochester

A decade ago, I had the

opportunity to review a refreshing and exciting book called Motivational Interviewing. I predicted it would become a classic in the field, and indeed it did. Now the authors have provided us with a wonderful, enlightening second edition that will continue to be a classic. From the time of the first edition, MI has taken by storm not only the addictions field, but also the health care field in general. Consequently, much is new in the book. Miller and Rollnick have done it again--they have delivered a gem of a book that should be read by anyone, whatever their discipline, who provides clinical services."--Linda C. Sobell, PhD, ABPP, Center for Psychological Studies, Nova Southeastern University

"Motivational interviewing has come of age. The first edition became a modern classic in the field; a decade later, this second edition shows how MI has matured as Miller and Rollnick and their many collaborators have gained in experience. The ideas are sharpened, the research base stronger, and the applications broader, now extending well beyond the treatment of addictions. But the essence remains the same: how to help people become 'ready, willing, and able' to make changes that improve the quality of their lives."--Jim Orford, PhD, Professor of Clinical and Community Psychology, The University of Birmingham, United Kingdom

"The work of Miller and Rollnick is having a major impact on how therapists help to motivate clients [in the prevention and treatment of addictive behaviors]. It is refreshing to see the values of humanistic psychology and the principles of client-centered therapy reflected throughout this text. With an expanded focus on how people learn motivational interviewing, this new second edition will help readers gain both the knowledge and skills to prepare people to change their behavior and health habits. I highly recommend it."--G. Alan Marlatt, PhD, Addictive Behaviors Research Center and Department of Psychology, University of Washington

"The strength of this book lies in its reader friendly yet scholarly approach to the topic of motivational interviewing. Most chapters have a mixture of practical case examples, research data, figures, models, and assessment instruments. The book will be a valuable addition to clinicians...and to administrators considering adding this practice model to their array of services in their organizations." (Community Mental Health Journal 2003-02-03)

William R. Miller, PhD, is Distinguished Professor of Psychology and Psychiatry at the University of New Mexico, where he is also Codirector of the Center on Alcoholism, Substance Abuse, and Addictions. Dr. Miller's publications encompass more than 300 articles and chapters as well as 27 books, including [i]Quantum Change: When Epiphanies and Sudden Insights Transform Ordinary Lives[/i](with Janet C&#39;de Baca). He maintains an active interest in pastoral counseling and the integration of spirituality and psychology. Dr. Miller is supported by a 15-year senior career Research Scientist Award from the National Institute on Alcohol Abuse and Alcoholism, which

allows him to focus full time on clinical research. Stephen Rollnick, PhD, is Honorary Distinguished Professor at the Cochrane Institute of Primary Care and Public Health at Cardiff University, United Kingdom. A clinical psychologist with many years of experience and a codeveloper of MI, he provides consultancy and training on the subjects of motivation, change, and MI. His research and guidelines for good practice have been widely published, and his work on implementation continues, with a current focus on children with HIV/AIDS in Africa, pregnant teens in deprived communities, and MI for schoolteachers and sports coaches.

Great book

Great book at the start with focus on basic counseling skills the second half

This book is absolutely invaluable if you are trying to learn how to be supportive to other people without solving all their problems. Rather, it's about giving them insight into how to solve the problems or dilemmas for themselves. Learning how to be a good listener and give good feedback are the objective. If you're in a field that requires you to help others in any way, or if you're just the kind of person that gravitates towards helping others in general, I especially recommend this vital, interesting and stimulating read!

I had wanted to learn how to improve my relationships.....this book was suggested by a friend who is a therapist. I had thought being a counselor's tool, that it would be dry and boring but it was just the opposite. It is easy to understand, the writers are not only NOT condescending but caring in their approach to offering help and healing thru "interviewing" vs confrontation.

A useful book, particularly for those working with clients who suffer from substance abuse and denial.

Motivational interviewing is all about understanding your audience and helping them help themselves. It is all about speaking in a compelling way that relates to your listeners. While this book is very good at laying the foundations of "Motivational interviewing" in a comprehensive way, it totally misses the mark when it comes to doing what it claims to be teaching. This book is just not friendly. I found it very hard to read through the book and actually learn something practical I could later implement. I would therefore not recommend this book to anyone but true professionals who

can deal with an academic style publication. I think it is even better for people with prior background in the field.

This is one of the best resource books written for anyone that works with individuals with mental, and or substance abuse challenges. Especially if you are not a person with these types of issues. I learned how important it is and how to gain respect and express sincere empathy while helping others reach their goals.

Good price for essential text

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