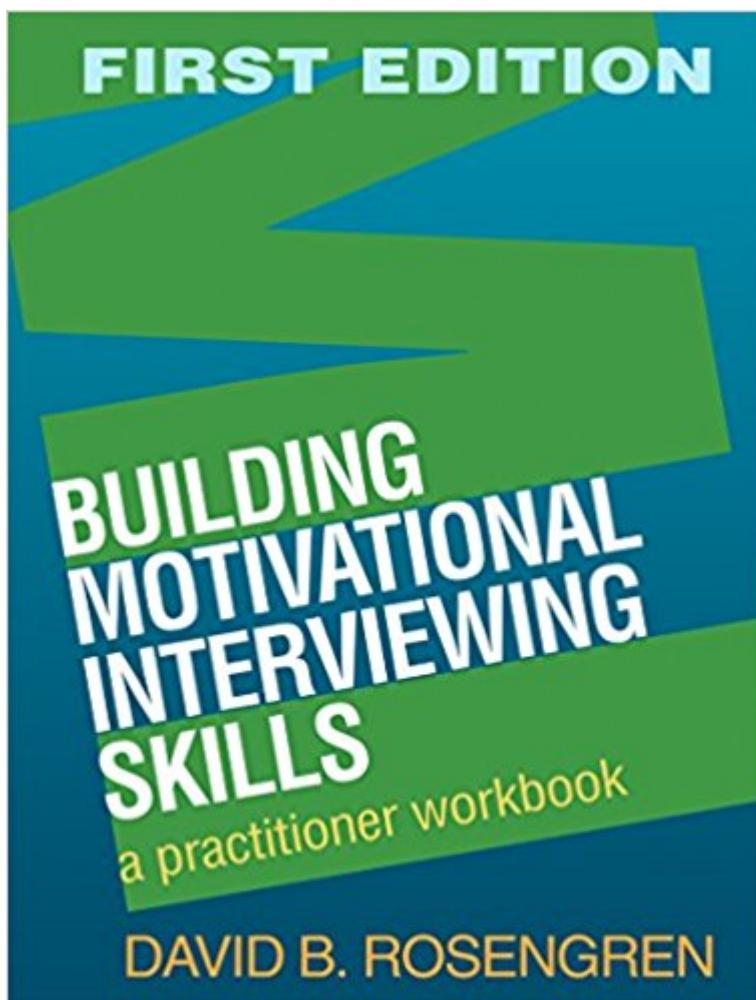


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# **Building Motivational Interviewing Skills: A Practitioner Workbook (Applications Of Motivational Interviewing)**



## Synopsis

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.

## Book Information

Series: Applications of Motivational Interviewing

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## Customer Reviews

"Even after reading seminal texts and attending workshops by the best trainers, it can be challenging to put a new treatment into practice. This book is the key to successfully using MI. It explains all the key principles and skills with great clarity. Each chapter includes concept quizzes, excellent exercises aimed at mastering the skills, and the best therapy transcripts I have seen. 'In Practice' dialogues include the actual statements made by the therapist and client, as

well as a commentary on each statement. These dialogues are real gems. The Workbook will be appealing to a wide audience. It is a "must read" for all mental health professionals and will make a super textbook for graduate courses. It will also be extremely useful to medical professionals."--Deborah Roth Ledley, PhD, Children's Center for OCD and Anxiety, Plymouth Meeting, Pennsylvania "I highly recommend this book. There is widespread interest in MI and its burgeoning clinical applications. Rosengren provides clinicians with both essential theoretical understanding and practical tools for improving their implementation of MI."--G. Alan Marlatt, PhD, Department of Psychology and Director, Addictive Behaviors Research Center, University of Washington"Rather than blaming the client for lack of change, this book takes seriously the clinician's role in the change process. In a friendly, accessible format, the book shows how to skillfully guide clients toward healthy behavior change. Rosengren does a superb job of breaking down complex material. At each step, the book points out exactly why the clinician is choosing certain questions and statements. The follow-up exercises allow the reader to "try out" the techniques and receive feedback. For those who are new to MI or who are already familiar with the approach, I highly recommend this book."--Scott Walters, PhD, University of Texas School of Public Health; member, Motivational Interviewing Network of Trainers (MINT)"An outstanding contribution to the MI training field. Rosengren has synthesized the core components of MI and the many approaches for teaching it into one very useful workbook. Engaging, crisp, and approachable, the book presents self-training tools that are applicable to a wide range of practitioners, settings, and clients. This book will definitely not just sit on the shelf. Readers will want to revisit it time and time again to hone their MI skills and find new ideas for teaching the approach to others."--Steve Martino, PhD, Department of Psychiatry, Yale University School of Medicine; member, Motivational Interviewing Network of Trainers (MINT)"Practical, down to earth, realistically encouraging, and deceptively simple to read. The workbook takes the practitioner step-wise through the spirit of MI and its techniques....By the end of the workbook, I felt more confident in my knowledge of MI and in my ability to apply the concepts to my clinical work." (Bulletin of the Menninger Clinic 2009-07-04)"An informative read for those providers wanting their patients to improve their health behaviors but not seeing positive changes with their current methods." (Journal of the National Medical Association 2011-04-01)

David B. Rosengren, PhD, a clinical psychologist, works for the Prevention Research Institute (Lexington, Kentucky); is a research affiliate with the University of Washington's Alcohol and Drug Abuse Institute; and provides training and consultation in MI. His work and research

themes are motivation, the process of change, and training methods. In 1993, he completed Miller and Rollnick's initial training for MI trainers and has provided training in MI since, including serving as a member of the Motivational Interviewing Network of Trainers (MINT). He has authored numerous book chapters and journal articles on MI-related topics.

Knowing what MI is and being able to use it are 2 different animals. This manual gives practice guidelines, examples of the OARS tools used and how to assist a person to break out of their ambivalence. When working with people who live in denial of their need for change, MI has opened doors to success. This manual supplied me with practice exercises to teach nurses how to break the code for resistance held by people who can enhance their health by realizing for themselves that change is not hard and could save their lives.

This book arrived on time and in the condition stated. I found this book to be very helpful in increasing my skill in motivational interviewing. The exercises that the author has at the end of each chapter really challenges you to further explore the topics discussed. I would recommend this book for counselors looking to increase their knowledge in motivational interviewing.

Used this book for MSW class on MI. Has lots of good exercises to check and see if you are using the technique correctly. Answers included.

I used several of the exercises in this book with my supervisee, a clinical psychology graduate student, and I noticed a definite increase in her use of the skills after that assignment. She recently reported reflecting back on the homework assigned in this book to help her get out of a tough spot with a client, which makes me think that it was useful from her perspective as well.

Great book. Used it for my students who are studying to become Alcohol and Drug Counselors.

Excellent book, easy to read, and accessible. I feel like this is a key text for those wishing to enhance their practice of MI. I am a licensed therapist who has trained in MI and used in practice, and still benefited from this material.

This book clearly explained the principles of Motivational Interviewing and included practical ways to use them. I found it very informative and useful in my work teaching people information about

changing their behavior regarding use of alcohol and other drugs.

Quickly - if you're already using MI or you've become aware of similar approaches in your own field, this is a great resource for building deeper understanding, and a tool for developing new skills.

Thank you very much Dr. Rosengren.

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