

Motivational Interviewing For Health Care Professionals A Sensible Approach A Sensible Approach

The first book to teach physical assessment techniques based on evidence and clinical relevance. Grounded in an empirical approach to history-taking and physical assessment techniques, this text for healthcare clinicians and students focuses on patient well-being and health promotion. It is based on an analysis of current evidence, up-to-date guidelines, and best-practice recommendations. It underscores the evidence, acceptability, and clinical relevance behind physical assessment techniques. Evidence-Based Physical Examination offers the unique perspective of teaching both a holistic and a scientific approach to assessment. Chapters are consistently structured for ease of use and include anatomy and physiology, key history questions and considerations, physical examination, laboratory considerations, imaging considerations, evidence-based practice recommendations, and differential diagnoses related to normal and abnormal findings. Case studies, clinical pearls, and key takeaways aid retention, while abundant illustrations, photographic images, and videos demonstrate history-taking and assessment techniques. Instructor resources include PowerPoint slides, a test bank with multiple-choice questions and essay questions, and an image bank. This is the physical assessment text of the future. Key Features: Delivers the evidence, acceptability, and clinical relevance behind history-taking and assessment techniques Eschews "traditional" techniques that do not demonstrate evidence-based reliability Focuses on the most current clinical guidelines and recommendations from resources such as the U.S. Preventive Services Task Force Focuses on the use of modern technology for assessment Aids retention through case studies, clinical pearls, and key takeaways Demonstrates techniques with abundant illustrations, photographic images, and videos Includes robust instructor resources: PowerPoint slides, a test bank with multiple-choice questions and essay questions, and an image bank Purchase includes digital access for use on most mobile devices or computers

Motivational Interviewing in Nursing Practice: Empowering the Patient is a guide to Learning Motivational Interviewing, a set of skills that utilizes therapeutic communication to promote behavior change. This text provides unique tools for nurses to implement and help patients take responsibility in their own health care, make informed decisions and provide guidance toward healthy behavior change, leading to improved health of our communities and country. This unique reference contains diagrams, tables, and case studies throughout to offer a better understanding of how to utilize the skills in daily practice. Clear objectives are at the beginning of each chapter and key points to remember are included at the end of each chapter. The skills learned will help nurses to accomplish the many healthcare goals and empower their patients through communication.

"Promoting Self-Management of Chronic Health Conditions covers a range of topics related to self-management-theories and practice, interventions that have been scientifically tested, and information that individuals with specific conditions should know (or be taught by healthcare professionals)"--

"Designed to be used in combination with the fifth edition of the 'Phlebotomy essentials' textbook as a valuable learning resource that will help the student master the principles of phlebotomy by reinforcing key concepts and procedures covered in the textbook."--Pref.

A Cost-Benefit Analysis

Conversations to Improve Behavior and Learning

Motivational Interviewing in HIV Care

Health at Every Size and Motivational Interviewing

Phlebotomy Essentials

A Toolkit for Skills Enhancement

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 (MI) is an evidence-based communication style that has applicability to diverse professions ranging from mental and physical healthcare to criminal justice. Professionals use MI to help patients/clients harness their own internal motivations for change and become active partners in developing plans for change. Using MI, a professional can guide patients/clients to make positive changes in life areas such as substance abuse, criminal activity, anxiety and mood problems, poor cardiovascular health, and more. Fundamentals of Motivational Interviewing provides a straightforward, common-language, and user-friendly guide to key concepts in MI. The clinical challenges addressed are ubiquitous across helping professions, and this book is unique in its focus on providing practical guidance on what to do when confronted with each challenge. Based on the authors' years of experience providing training and supervision in MI, this book answers one of the questions most frequently asked by those they have trained: "How can I use MI to address [insert clinical challenge]?" Fundamentals of Motivational Interviewing is an accessible and easy-to-use resource organized and written with the busy provider in mind. It is appropriate for all skill levels ranging from the MI novice with no prior training, to the experienced MI provider seeking to gain new knowledge and skills. Throughout the book the authors use boxes and case examples to clearly illustrate and emphasize key points. The authors also provide clear examples of the sometimes subtle distinction between MI-consistent and MI-inconsistent use of the communication skills and strategies. Professionals from diverse disciplines including medicine, allied health, criminal justice, psychology, counseling, social work, marriage and family therapy, as well as MI trainers working with all of these disciplines will find this book a useful resource, and it would be an appropriate text for any class that seeks to build MI and other psychotherapeutic skills.

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-world 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.

Still THE #1 Drug Guide for nurses and other clinicians, always dependable, always up to date! Look for these outstanding features: Completely updated nursing-focused drug monographs featuring over 3,700 generic, brand-name, and combination drugs in an easy A-to-Z format NEW 34 brand-new FDA-approved drugs in this edition, including 31 complete monographs—tabbed and conveniently grouped in a handy “new drugs” section for easy retrieval NEW More than 8,100 clinical updates —new dosages and indications, Black Box warnings, adverse reactions, nursing considerations, clinical alerts, and patient teaching information NEW ISMP-recommended tall-man lettering for lookalike–sound alike drugs Special focus on U.S. and Canadian drug safety issues and concerns Photoguide insert with images of 455 commonly prescribed tablets and capsules Plus FREE companion Toolkit available online through NDHnow.com Monthly FDA updates featuring newly approved drugs, indications, and warnings Pharmacology videos, audio pronunciation guide, and English-Spanish translator Equianalgesic dosing guidelines for opioid drugs Mechanisms and sites of action graphics for selected drugs NCLEX® style questions, free CE tests, plus bonus discounts and more!

Theory, Research, and Clinical Practice

Helping People Become Healthier

Motivational Interviewing in Nursing Practice

An Action-Oriented Way of Being

Motivational Interviewing

Helping Patients Change Behavior

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

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.

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.

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.

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

Motivational Interviewing in Dentistry

Motivational Interviewing in Schools

PreachersNSneakers

Motivational Interviewing in Nutrition and Fitness

Experiential Motivational Interviewing

Motivational Interviewing in Nursing Practice: Empowering the Patient is a guide to learning Motivational Interviewing, a set of skills that utilizes therapeutic communication to promote behavior change. This text provides unique tools for nurses to implement and help patients take responsibility in their own health care, make informed decisions and provide guidance toward healthy behavior change, leading to improved health of our communities and country. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

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.

Wellness, Not Weight: Health at Every Size and Motivational Interviewing, brings a new, well rounded perspective to issues of weight, health and helping people change behavior. While many texts in the areas of health sciences and nutrition discuss specific, singular approaches to weight loss, this book is the first to address Health at Every Size (HAES), Motivational Interviewing (MI), and a non-diet, wellness approach to managing health and weight within one comprehensive text. The book is divided into three parts. Part One explores the three basic concepts of the book, the argument for a focus on wellness rather than body weight, the Health at Every Size paradigm, and Motivational Interviewing. Part Two provides more detailed background information for professionals and academics. It presents the science behind the approaches. Included articles offer clear, cogent explanations of potential risks and failures in a weight-centered approach to health, as well as discussions of the risks of a weight centered approach, including disordered eating and body image issues. This section of the book also provides information on how rigid attachment to dietary guidelines can be harmful to consumers, with a special exploration of the dangers posed to children. Part Two ends with articles exploring the need for size acceptance, teaching the concept of Health at Every Size, and the importance of teaching Health at Every Size ideas in the training of health care professionals. Part Three of the book helps health care professionals communicate a non-diet approach to clients and patients, as well as a discussion of the use of Motivational Interviewing techniques with a non-diet approach. Moving away from traditional approaches to weight loss, the included chapters discuss mindful eating, the eating competence model, practical steps for improving health, and non-dieting and spirituality. Wellness, Not Weight: Health at Every Size and Motivational Interviewing speaks to the emerging movement emphasizing wellness, not weight. Written with passion and insight, the book encourages people to nourish and exercise their bodies in healthy, loving and joyous ways. This book can be used in Health Sciences, Nutrition and Food Science, and Public Health courses. It is also useful for courses in Sociology, Psychology, and Women’s Studies. Ellen Glovsky, Ph.D, RD, LDN is a Registered Dietitian and a member of the teaching faculty at Northeastern University in Boston, MA. Dr. Glovsky conducts workshops and consultations on Motivational Interviewing (MI) for a variety of organizations around the US. She is a member of the Motivational Interviewing Network of Trainers (MINT), the international professional organization of MI practitioners and trainers. Dr. Glovsky maintains a private practice in which she offers treatment for eating disorders and weight management.

The definitive guide to motivational interviewing (MI) for health care practitioners has been completely revised to reflect important developments and make the approach even more accessible. When it comes to helping patients manage chronic and acute conditions and make healthier choices in such areas as medication adherence, smoking, diet, and preventive care, good advice alone is not enough. This indispensable book shows how to use MI techniques to transform conversations about change. Even the briefest clinical interaction can serve to build trust, clarify patients' goals as well as reasons for ambivalence, and guide them to take positive steps. Vivid sample dialogues, tips, and scripts illustrate ways to incorporate this evidence-based approach into diverse health care settings. New to This Edition *Most of the book is entirely new. *Restructured around the current four-process model of MI (engaging, focusing, evoking, and planning). *Incorporates lessons learned from the authors' ongoing clinical practice and practitioner training workshops. *Chapters on advice-giving, brief consultations, merging MI with assessment, MI in groups, and making telehealth consultations more effective. *Additional practical features--extended case examples, "Try This" activities, and boxed reflections from practitioners in a range of contexts. This book is in the

Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Preparing People to Change Addictive Behavior

Building Motivational Interviewing Skills, Second Edition

Tips and Strategies for Addressing Common Clinical Challenges

A Practitioner Workbook

The Coding Manual for Qualitative Researchers

Motivational Interviewing in the Treatment of Psychological Problems

Founder of the phenomenon social media account PreachersNSneakers tackles how faith, capitalism, consumerism, and (wannabe) celebrity have collided and asks both believers and nonbelievers alike: how much is too much? What started as a joke account on Instagram has turned into a movement. Through this provocative project, the founder of PreachersNSneakers is helping thousands of Jesus followers wrestle with the inevitable dilemmas created by our Western culture obsessed with image and entertainment. In PreachersNSneakers: Authenticity in an Age of For–Profit Faith and (Wannabe) Celebrities, Ben Kirby approaches many of the difficult questions plaguing countless Christians’ minds, presenting experiences and input from both sides of difficult questions, such as: Should pastors grow wealthy off of religion, and can their churches ever be too large? Do we really believe that divine blessings are monetary, or is that just religious wallpaper to hide our own greed? Is there space in Christendom for celebrities like Kanye and Bieber to exist without distorting the good news? What about this: Is it wrong for someone—even wrong for author Ben Kirby—to call out faith leaders online and leverage “cancel culture” to affect change? PreachersNSneakers will navigate these challenging questions and many more with humor, wit, candor, and a few never-before-published hijinks. Each chapter will explore the various sides of the debate, holding space for us to make up our own minds. This book is not about finding the perfect, “right” way to do something, but instead learning how to articulate what we believe, why we believe it, and what to do when we want to stand up against cultural norms. This book will doubtlessly become a staple for church small groups, college ministries, and book clubs, emboldening struggling believers who want to live a more genuine faith. After all, the Lord works in mysterious colorways.

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.

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.

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.

Promoting Self-Management of Chronic Health Conditions

Enhancing Motivation for Change in Substance Abuse Treatment

Preparing People for Change

The Handbook of Behavior Change

Nursing2020 Drug Handbook

Finding Your Way to Change

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.

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 core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. 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 recognized as a valuable resource for 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.

Motivational Interviewing in Dentistry is a new powerful resource for enhancing dental professional's communication and listening skills. Motivational Interviewing is an evidence-based way of engaging, focusing, evoking, and planning with your patient's for their own dental health motivations.

This book is open access under a CC BY 4.0 license. This book investigates what international placements of healthcare employees in low resource settings add to the UK workforce and the efficacy of its national health system. The authors present empirical data collected from a volunteer deployment project in Uganda focused on reducing maternal and new-born mortality and discuss the learning for UK health care professionals acting as long term volunteers in low resource settings. They also develop a model for structured placement that offers optimal learning and experiential outcomes and minimizes risk, while shedding new light on the role that international placements play as part of continuing professional development both in the UK and in other sending countries.

Motivational Interviewing for Leaders in the Helping Professions

Shared Decision Making in Health Care

Motivational Interviewing for Clinical Practice

A Guide for Medical Trainees

Empowering the Patient

Achieving evidence-based patient choice

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, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

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 more readily 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, describes approaches 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 Second Edition of Johnny Saldaña's international bestseller provides an in-depth guide to the multiple approaches available for coding qualitative data. Fully up to date, it includes new chapters, more coding techniques and an additional glossary. Clear, practical and authoritative, the book: -describes how coding initiates qualitative data analysis -demonstrates the writing of analytic memos -discusses available analytic software -suggests how best to use The Coding Manual for Qualitative Researchers for particular studies. In total, 32 coding methods are profiled that can be applied to a range of research genres from grounded theory to phenomenology to narrative inquiry. For each approach, Saldaña discusses the method's origins, a description of the method, practical applications, and a clearly illustrated example with analytic follow-up. A unique and invaluable reference for students, teachers, and practitioners of qualitative inquiry, this book is essential reading across the social sciences.

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.

A Sensible Approach

Motivational Interviewing in Health Care, Second Edition

Fundamentals of Motivational Interviewing

The Art of Empathic Understanding

Motivational Interviewing for Health Care Professionals

Theories and Practice

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.

"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"--

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.

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. Its 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.

Facilitating Change in Organizations

Motivational Interviewing in Health Care

Motivational Interviewing for Mental Health Clinicians

Authenticity in an Age of For-Profit Faith and (Wannabe) Celebrities

Motivational Interviewing in the Treatment of Psychological Problems, Second Edition

Motivational Interviewing in Diabetes Care

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 on 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.

Conversations about change can be challenging. In this motivational interviewing (MI) toolkit, you will find a variety of tools and strategies designed to help you apply the spirit of MI so you can more effectively evoke people's own interests, experiences, and good ideas for change. Designed for mental health clinicians who want to deepen their learning and proficiency, this toolkit provides: - Examples of how to use MI to support people experiencing a variety of mental health issues - Activities to help you more deeply explore the fundamental concepts, spirit, and tools of MI - Sample conversation scripts that demonstrate the MI skills in practice - Exercises to assess your progress and gain confidence in your skills - Tools to help you integrate MI more fully into your practice Most importantly, this toolkit offers a variety of flexible opportunities for you to actively practice the core skills of MI: Use them on your own, with a partner, with a team of colleagues, or within an MI learning community.

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

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.

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

Evidence-Based Physical Examination

Motivational Interviewing, Second Edition

Healthcare, Frugal Innovation, and Professional Voluntarism

Best Practices for Health & Well-Being Assessment

*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 goals 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.

Helping People Change

Listening Well

Motivational Interviewing in Groups

The Wiley Handbook of Healthcare Treatment Engagement

Wellness, Not Weight