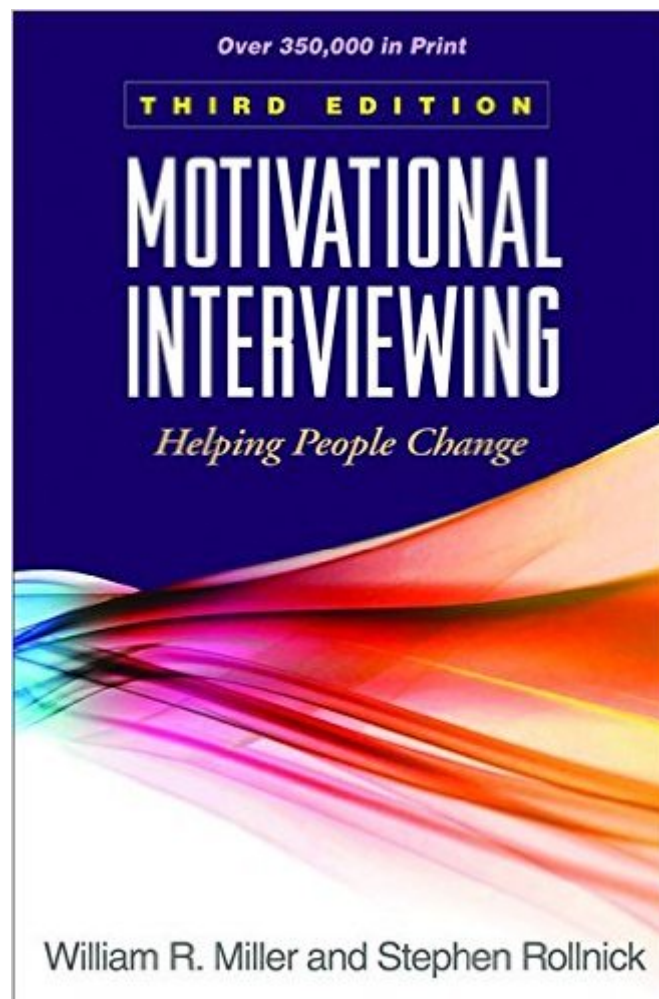


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# Motivational Interviewing: Helping People Change, 3rd Edition (Applications Of Motivational Interviewing)



## Synopsis

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. **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.

## Book Information

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## Customer Reviews

This book is very well organized. Each topic is introduced and explained, and then later chapters explore the subjects more deeply. It's like a semester course in book format - building on knowledge

as you progress through the chapters. Each chapter concludes with a well written summary. The information is also presented in a very practical way - which is important to me as I am currently working as a health coach. Previous courses I have taken spend too much time on the history and philosophy and not enough on the practical applications of motivational interviewing. These authors provide plenty of real-life examples to make the information more meaningful and applicable. Not only are great coaching techniques presented with examples, they also offer common mistakes to avoid. I am taking my time with this book and I am currently half way through. I can honestly say I am seeing an improvement in my connection with my clients (engaging) and more optimism and excitement for change in my clients. My personal confidence in my coaching has improved and I am enjoying my work more as a result of this book. Not only has this book helped me improve my coaching and motivational interviewing techniques, it has inspired me to be a better coach and to continue to improve so that I can assist others in making lasting change. I highly recommend it to those wanting to increase their methods of assisting change, no matter what your coaching niche may be.

I love MI. It's a down-to-earth and practical way of listening to people and assisting them to change. This book is written in a more accessible style than 2nd edition (and I like the 2nd edition very much.)

William Miller's approach addresses ambivalence as a natural event in anyone's attempts to consider change. His strategies are well thought out and researched and are a foundation to therapy and consultation with clients. To the point and clearly written, this text summarizes his work and others into a cohesive set of thoughtful decision making strategies allowing the client to think about what will work for them. This is a strength based approach that is used in conjunction with other therapy approaches. It is seen as an approach very useful in the beginning stages of therapy. I wish I had had this background early in my career because the clarity of his thinking is so useful in understanding how therapists can misstep, intervene too early or miss opportunities in supporting a client to a place where they are ready to move forward. This is a way of thinking as well as a set of tools useful for children, adolescents and adults. It can be integrated into working with families work.

The 3rd Edition is a fantastic read. I have been practicing MI for many years and I am so impressed with the way Bill and Stephen have kept the material fresh and up to date. In this edition, they add a new paradigm for understanding how to tailor your skills (the 4 processes) to the relationship you

are developing with the person considering change. Also, they consider MI from a multicultural perspective, offering acknowledge and suggestions about how MI may at times need to be tailored to the person receiving this empathic conversation. Having read all 3 editions, this one is by far the most approachable and easily understood. They update the research on MI and include copious suggestions around learning MI and applying it to various settings and approaches. MI is not a therapeutic technique, it is a way of being, and embracing the values and spirit of MI will change your life for the better, giving you the tools and way of thinking to be a kinder, more gentle, and compassionate human being. Kudos!

An essential addition to my Motivational Interviewing library. Have already started to incorporate new approach into my teaching. The DVD that goes with it is great too.

Excellent resource for many situations when working with people who are ambivalent about change (who isn't?!). Also great for helping me notice which portions of what other people say I actually listen to with close attention and how I choose what I reflect back to them of what I hear.

I was already familiar with MI but was taught using the principles from the 2002 edition. There are some major changes in this book (the authors states 95% of the book is rewritten). Most of the basic principles are the same, and changes are based upon the findings of the authors and others using the techniques and discovering what improves the techniques. Miller and Rollnick walk through the different aspects of MI in a manner that makes the information accessible to newcomers yet is still interesting for those who are already familiar with Motivational Interviewing. For trainers, this book will enable you to easily update your classes and bring them up-to-date. For those not familiar with MI, this book will help you to understand the collaborative conversation style that helps you to guide another to a decision while recognizing their autonomy and evoking their reasons to make a change. If you believe you will be able to read this book and walk away able to be an immediate expert in MI, you will probably be disappointed. However, if you embrace these teachings and begin to incorporate the techniques into your "conversational repertoire," you will be on your way to understanding just how powerful Motivational Interviewing can be.

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