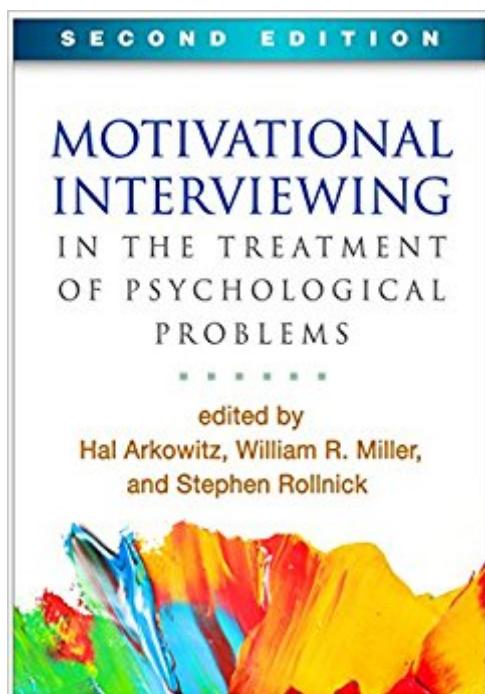


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# **Motivational Interviewing In The Treatment Of Psychological Problems, Second Edition (Applications Of Motivational Interviewing)**



## Synopsis

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.

## Book Information

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## Customer Reviews

"Simply the best current and comprehensive work in this area. I truly enjoyed reading--and learned from--this volume. Key contributors cover conceptual bases, research, and application issues with equal assurance. This book should be on the shelf of every clinician interested in MI, as well as graduate students and trainees."--Keith S. Dobson, PhD, Department of Psychology, University of

Calgary, Canada "The second edition reflects contemporary advances in the practice of MI, as well as the solid science supporting its efficacy across a wide range of clinical problems. The contributors are outstanding practitioner-researchers. This is an excellent text for graduate courses aimed at conveying skills in research-supported psychotherapies, as is increasingly being mandated by professional guidelines. I highly recommend this book for graduate students and established practitioners alike."--Bruce A. Thyer, PhD, LCSW, BCBA-D, College of Social Work, Florida State University "Reading this second edition has enhanced my motivation to learn more and teach more about this important, effective, and pragmatic approach. I will never again be 'stuck' in a psychotherapy impasse without thinking about using MI principles. The editors and contributors emphasize both the spirit and the technique of MI and apply it to treatment of specific symptoms and disorders. The book is of great value to novice and seasoned practitioners alike, and is an outstanding classroom text."--Richard F. Summers, MD, Co-Director of Residency Training, Department of Psychiatry, Perelman School of Medicine of the University of Pennsylvania "This beautifully written book is full of wisdom about helping people change. With engrossing clinical illustrations and great practical tips, it will be a first-line resource for clinicians who want to build their skills in MI."--Jesse H. Wright, MD, PhD, Professor and Kolb Endowed Chair of Outpatient Psychiatry and Director, Depression Center, University of Louisville "I have had the pleasure of using this book for many years as a supplemental text in advanced graduate courses on psychotherapy, psychopathology, and MI. The text addresses one of the most important challenges for MI--the application of MI skills and strategies to the more complex problems in living. The editors and contributors are the top tier of MI trainers and researchers, and take on this challenge with great elegance and competence. This second edition is the perfect companion to Miller and Rollnick's Motivational Interviewing, Third Edition, and fills a very important niche in the MI library."--Gary S. Rose, PhD, Associate Professor, Department of Clinical Psychology, William James College; Adjunct Professor, Department of Community Health, Brown University School of Public Health "Not only is MI here to stay, but, in fact, the application of MI has great potential as a treatment modality for helping with many diverse issues....Has something for everyone interested in psychological problems. It is appropriate for new clinicians, seasoned clinicians not familiar with MI, and even--or maybe especially--for those of us who are experienced motivational interviewers and MI trainers." (on the first edition) (PsycCRITIQUES 2015-01-23)"The book guides readers on how to incorporate motivational interviewing techniques in their clinical practice, summarizes current research on the wide-ranging application of motivational interviewing, and highlights new and promising directions....The editors and authors have offered a volume that is likely to do what they

do best: motivate the field to examine important questions in the service of helping clients for change." (on the first edition) (American Journal of Psychiatry 2015-01-23)"A practical guide, edited by the leading experts and developers of this technique....An excellent step-by-step guide to motivational interviewing rich in clinical vignettes and therapist-patient dialogues illustrating how to manage various clinical scenarios with skill and sensitivity...Therapists and researchers who are seeking a positive, respectful, and collaborative approach for helping diverse patients make positive change and for improving psychological interventions--this book is for you." (on the first edition) (Psychiatric Services 2015-01-23) "This is an excellent book edited by the movers and shakers in the field of MI that addresses important clinical conditions and problems. The clinical vignettes are extremely helpful in demonstrating how the method is applied." • (Doody's Review Service 2015-10-30)

Hal Arkowitz, PhD, is Emeritus Associate Professor of Psychology at the University of Arizona. His main research interests are in understanding how people change and why they don't. Dr. Arkowitz has published widely in the areas of psychotherapy and motivational interviewing (MI). He is a co-columnist for *Scientific American Mind* and a past editor of the *Journal of Psychotherapy Integration*. Dr. Arkowitz maintains an active clinical practice. William R. Miller, PhD, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. He introduced the concept of MI as a clinical method in a 1983 article. With over 50 published books and 400 articles and chapters, he is listed by the Institute for Scientific Information as one of the world's most highly cited scientists. With Stephen Rollnick, Dr. Miller is coauthor of the classic work *Motivational Interviewing: Helping People Change*, now in its third edition. 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, as well as a cofounder of the Motivational Interviewing Network of Trainers, Dr. Rollnick 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 teachers and sports coaches. With William R. Miller, Dr. Rollnick is coauthor of the classic work *Motivational Interviewing: Helping People Change*, now in its third edition.

Worth reading

Well written and helpful for my purposes. I will read other books by those authors.

This was an excellent book, it will significantly aid therapists in their employment of MI in clinical settings.

Very interesting and useful chapter concerning psychotherapy of eating disorders

Very informative, easy read

Functional text book with plenty of information to encourage skill development.

Though a 2nd edition, the book reveals how little research has been done on Motivational Interviewing. For a well-sourced book, I was constantly discovering that the majority of studies cited included very small sample sizes (one had a sample size of 7). The authors refer often to "more research is needed, but preliminary indications are..." and similar such phrasing. The "verdict" on MI for use with populations other than substance abuse is clearly in its infantile stages. Many chapters end saying that MI has not been researched well-enough in the various areas covered in that chapter. If I were to read another book on MI, or to recommend a book on MI, I'd definitely look into a better researched population such as substance abuse. The research on utilizing MI in the "psychological problems" the authors allude to in their subtitle can be summarized by an oft-used phrase in the book. "More research is necessary before the impact of using MI is known with this group..."

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