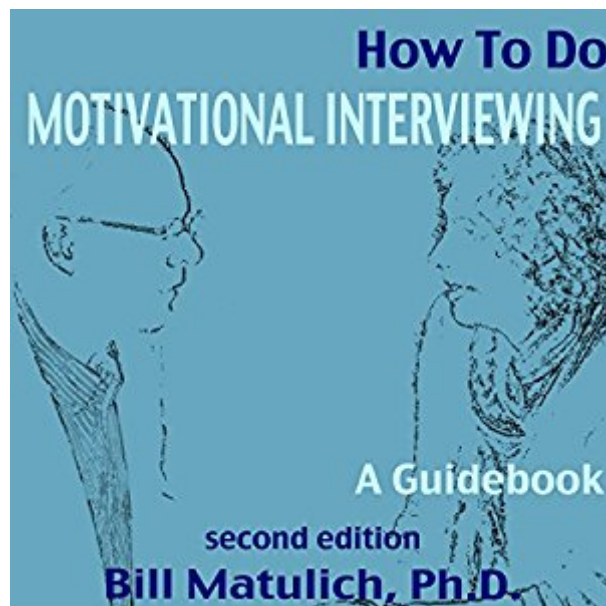




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# How To Do Motivational Interviewing: A Guidebook



## Synopsis

In this concise book, you will learn how to do Motivational Interviewing (MI), the evidence-based, client-centered counseling approach that has demonstrated effectiveness for a range of psychological, behavioral, and health related issues. Rather than the counselor arguing for the client to change, the MI approach helps elicit client's own arguments for behavior change. Some of the topics covered include: How to prepare for an MI session, How to assess your client's motivation using two simple questions, How to ask powerful, strategic questions that move a client toward healthy behavior change, How to handle "resistance" or discord in the therapeutic relationship How to give information and advice in the MI consistent way that is acceptable to the client The author, an experienced psychologist, psychotherapist, public speaker, and MI instructor, shows how simple counseling techniques, taught in any beginning counseling class, can be powerful when used strategically to tap into clients' own motivation. Anyone who works with people including doctors, nurses, psychologists, addiction counselors, social workers, case managers, family advocates, lay counselors, correctional staff, dentists, life coaches, dietitians, nutritional counselors, physical therapists and others would benefit from the information in this book. The second edition updates the information and concepts presented in the first edition based on recently published texts of MI.

## Book Information

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## Customer Reviews

I've been really curious as a grad student what MI is all about. This book won't make a master of MI out of you, but in an hour of reading you'll have a solid idea of how the basics are performed. Be informed that this is a very short read. The average reader will finish it in about an hour. It does

provide step by step instructions, but in a simplified summary fashion. If you are looking for more detailed information or instructions, this is not the book for you.

This book increased my knowledge and confidence to start practicing MI. Easy to read and understand the techniques of MI. Would recommend book to those learning and beginning to use MI in their field of work. I work with parolees and found this book very useful.

I've taken several workshops on MOTIVATIONAL INTERVIEWING. Its great to have the basics set up so succinctly. I can work with that~!!

Clear but a bit boring

This is an excellent resource for anyone in the counseling field or one working towards their degree in counseling. It is especially appropriate for addictions counseling. It arrived in a time manner and was in perfect condition.

I found that the information in this guidebook was well presented and interesting. It helped me to improve my theoretic knowledge of how Motivational Interviewing (MI) can be used in a therapeutic situation. This book would allow someone who has studied the use of MI, to start applying it in areal world situation. I would recommend this book to anyone that is interested in using MI as a therapeutic intervention for people with addition issues.

Dr. Matulich's "How to do Motivational Interviewing: A Guidebook" breaks MI down in a concise and helpful way. What I appreciate about this book, is that it reinforces what I've learned from previous MI workshops--it lays out the essence of MI without getting bogged down in detail and explanation. It's a guide that students and practitioners of MI will find very user-friendly. I highly recommend this book. It exceeded my expectations.

This book was extremely helpful for having a better understanding of the steps and highlights of motivational interviewing. As a recent graduate, this book helped me to have a clear idea of how effective my counseling sessions can be if I apply MI correctly. The best aspect about this book is that it is very easy to read and understand.

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