



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

By William R. Miller, Stephen Rollnick

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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.

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Editorial Review

Review

"A superb, readable guide to theory and practice. MI has fundamentally changed the way we think about working with less motivated clients, especially in today's health care climate, with its emphasis on evidence-based brief treatments. The four-part framework introduced in this edition greatly simplifies the way that MI is delivered. Miller and Rollnick do a superb job of breaking down a complex process. At each step, readers see exactly why the provider is choosing certain questions or statements over others."--Scott T. Walters, PhD, School of Public Health, University of North Texas Health Science Center; member, Motivational Interviewing Network of Trainers (MINT)

"This book builds on the prior editions, but the result is substantially different, because it incorporates so many new concepts, skills, research findings, and practical applications. Written in a user-friendly manner, with many sample dialogues, this is an immensely useful resource. It is a 'must have' for anyone who is learning MI or utilizing the approach in clinical practice, from students to seasoned professionals."--Melinda Hohman, PhD, School of Social Work, San Diego State University; member, Motivational Interviewing Network of Trainers (MINT)

"The most complete explication of MI to date. Building on the explosion of MI research in the past decade, most of the material in this third edition is new, including compelling advances in understanding how MI influences the process of personal change. This book is destined to have an enormous impact on the field. It is a 'must-adopt' text for courses in psychology, counseling, social work, mental health, addictions, and health care more broadly."--Timothy J. O'Farrell, PhD, Department of Psychiatry, Harvard Medical School

"We have used *Motivational Interviewing* in our program for several years. It prepares students to work effectively with ambivalent and court-ordered clients using methods that are evidence based and appropriate for our profession. Students really appreciate learning this technique; they've commented that even though they thought they already knew how to interview, Miller and Rollnick present a very different and meaningful approach."--Patricia M. Henry, LMSW, Department of Social Work, California State University, Bakersfield (on the second edition)

"*Motivational Interviewing* is one of the few texts that I can assign to my MSW students year after year for my Clinical Practice course and know they will love it as much as I do. Some of my students have 20 years of social service experience and some are fresh out of their BSW programs, but all find something practical, insightful, and useful in the text. No other text does a better job of helping people understand how to work with ambivalence in clients. I love how I don't have to spend time in class coming up with examples that bring the concepts down to earth--the book is filled with believable, instructive case studies and sample dialogues. Students can learn the concepts by reading the text as homework, which gives us time in class to practice and role-play the techniques. This is one of the few books I assign that my MSW students keep after graduation."--Jonathan B. Singer, PhD, LCSW, School of Social Work, Temple University (on the second edition)

"Miller and Rollnick afford practitioners conceptual and practical tools to improve therapeutic outcomes. In my Counseling Challenging Adolescents course, I have found that this text strengthens graduate students' clinical repertoires on multiple levels, while allowing them to continue to explore the broad array of

theoretical perspectives that hold personal appeal for them. Very few of my students sell back this book at the end of the term!"--Kurt L. Kraus, EdD, Department of Counseling and College Student Personnel, Shippensburg University of Pennsylvania (on the second edition)

"MI is a core clinical skill that is crucial for psychologists, social workers, counselors, or anybody who hopes to help people discover their own intrinsic motivation to change. This book not only explains what MI is, but also explains the research and theory that support it in a clear and accessible way. I have had more positive feedback from students regarding this book than any other text I've used, and it is wonderful to watch the light go on in their eyes as they gain understanding about behavior change and how MI works. I could not imagine a course in addiction science without MI!"--Monica C. Skewes, PhD, Department of Psychology and Center for Alaska Native Health Research, University of Alaska Fairbanks (on the second edition)

"Not only has the original book become a classic, but MI has taken the world by storm....The methods described gel extremely well with social work's strengths/empowerment perspective."
(*Journal of Social Work Practice in the Addictions* 2012-09-09)

"Highly recommended to all practitioners in health settings and to clinicians supervising and teaching others."
(*Drug and Alcohol Review* 2012-09-09)

"The strength of this book lies in its reader-friendly yet scholarly approach."
(*Community Mental Health Journal* 2012-09-09)

"This approach is one that can be powerfully used by occupational therapy practitioners who are working in mental health and substance abuse settings, or any psychosocial behavioral health setting....In preparing professional students for practice, I view this approach as foundational to their effectiveness in building motivation and strengthening commitment to change with their clients."
(*Occupational Therapy in Mental Health* 2006-01-03)

"This text is filled with exemplary phrases that psychiatrists can incorporate into their lexicons....MI is compatible with evidence-based clinical skills and a variety of psychotherapy perspectives, including psychodynamic psychotherapy, cognitive-behavioral therapy, experiential therapy, and family systems theory. The book illustrates clinical case examples to prepare psychiatrists who work in all different types of settings....This is a user-friendly, engaging, and comprehensive text that should be required reading for all practicing clinicians."
(*Clinical Psychiatry News* 2013-04-01)

"Excellent written and a genuine pleasure to read, being highly accessible for clinical practitioners and lay people alike....This book is essential reading for anyone in the business of helping people to change and will be considered an invaluable resource for many years to come."
(*Addiction Today* 2013-07-12)

About the Author

William R. Miller, PhD, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. He introduced motivational interviewing in a 1983 article in the journal *Behavioral Psychotherapy* and in the first edition of *Motivational Interviewing: Helping People Change*, written with

Stephen Rollnick, in 1991. Dr. Miller's research has focused particularly on the treatment and prevention of addictions, with broader implications for the psychology of change. He is a recipient of the international Jellinek Memorial Award, two career achievement awards from the American Psychological Association, and an Innovators in Combating Substance Abuse Award from the Robert Wood Johnson Foundation, among many other honors. The Institute for Scientific Information lists Dr. Miller as one of the world's most cited scientists.

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.

Users Review

From reader reviews:

William Murphy:

The book *Motivational Interviewing: Helping People Change*, 3rd Edition (Applications of Motivational Interviewing) can give more knowledge and also the precise product information about everything you want. Why must we leave the good thing like a book *Motivational Interviewing: Helping People Change*, 3rd Edition (Applications of Motivational Interviewing)? Several of you have a different opinion about book. But one aim which book can give many information for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or facts that you take for that, it is possible to give for each other; you are able to share all of these. Book *Motivational Interviewing: Helping People Change*, 3rd Edition (Applications of Motivational Interviewing) has simple shape however you know: it has great and massive function for you. You can seem the enormous world by open up and read a publication. So it is very wonderful.

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Nowadays reading books be than want or need but also turn into a life style. This reading addiction give you lot of advantages. Advantages you got of course the knowledge your information inside the book in which improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want send more knowledge just go with education and learning books but if you want really feel happy read one having theme for entertaining for example comic or novel. Often the *Motivational Interviewing: Helping People Change*, 3rd Edition (Applications of Motivational Interviewing) is kind of reserve which is giving the reader unstable experience.

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