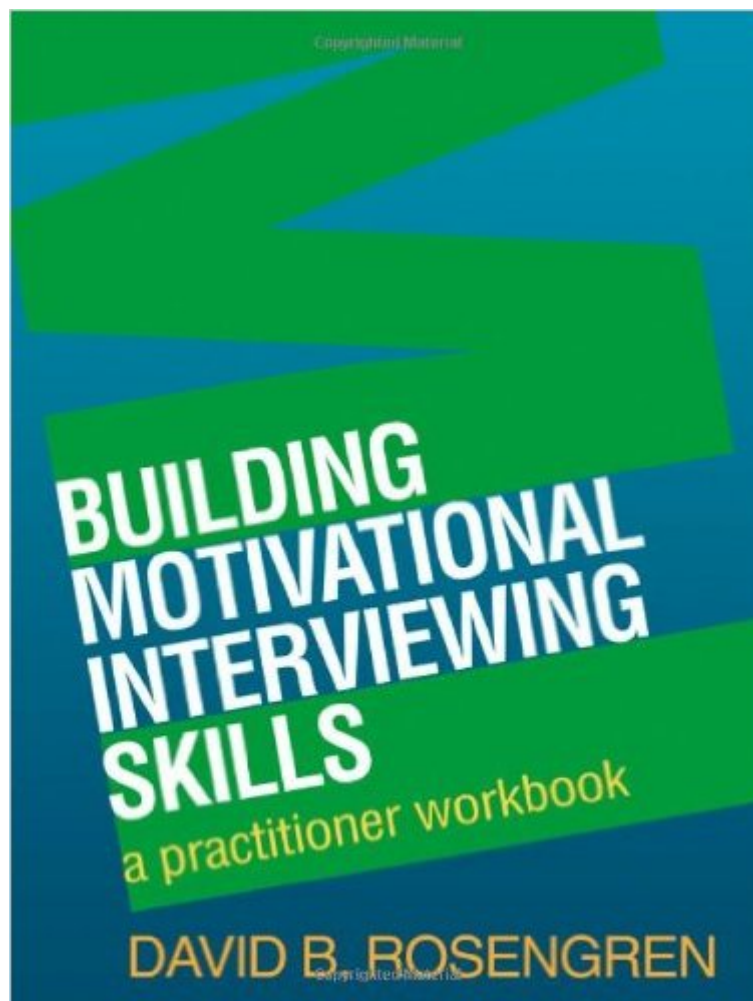


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# Building Motivational Interviewing Skills: A Practitioner Workbook (Applications Of Motivational Interviewing (Paperback))



## Synopsis

Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities. The author is an experienced MI researcher, clinician, and trainer who facilitates learning with quizzes, experiential exercises, and reproducible worksheets. The reader learns step by step how to practice core MI skills: raising the importance of behavior change, fostering the client's confidence, resolving ambivalence, solidifying commitment to change, and negotiating a change plan. The utility of the book is enhanced by the large-size format and lay-flat binding. The book shows how to navigate each session using microskills that many clinicians already know: open-ended questions, affirmations, reflective listening, and summaries, or OARS for short. This book is in the Applications of Motivational Interviewing series.

## Book Information

Series: Applications of Motivational Interviewing (Paperback)

Paperback: 335 pages

Publisher: The Guilford Press; 1 edition (July 2, 2009)

Language: English

ISBN-10: 1606232991

ISBN-13: 978-1606232996

Product Dimensions: 8 x 0.7 x 10.5 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (61 customer reviews)

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## Customer Reviews

This is a superb book. There are a number of excellent books on motivational interviewing but none that are so clearly directed to helping practitioners develop and practice their motivational interviewing skills. The book presents clear, concise explanations of the core concepts and skills of motivational interviewing along with exercises to help the reader gain experience by putting the skills into practice. Whether you are new to motivational interviewing, an experienced practitioner

hoping to enhance your motivational interviewing skills, or a trainer involved in teaching others how to use this approach to behavior change, this book will be a valuable resource. Highly recommended. Steve Schack, MSW, CDP Member, Motivational Interviewing Network of Trainers Evergreen Treatment Services Seattle, WA, USA

I purchased this book to utilize the many worksheets for training purposes. The activities are realistic and easily transferable to enhancing MI skills. I work in corrections and find this book valuable and worth the cost.

Knowing what MI is and being able to use it are 2 different animals. This manual gives practice guidelines, examples of the OARS tools used and how to assist a person to break out of their ambivalence. When working with people who live in denial of their need for change, MI has opened doors to success. This manual supplied me with practice exercises to teach nurses how to break the code for resistance held by people who can enhance their health by realizing for themselves that change is not hard and could save their lives.

For anyone looking for a step by step instruction to motivational interviewing, this is it! Great handouts, but Guilford is very strict about their use. ~ Jacqueline Corcoran  
A MONTH OF SUNDAYS[...]

I used several of the exercises in this book with my supervisee, a clinical psychology graduate student, and I noticed a definite increase in her use of the skills after that assignment. She recently reported reflecting back on the homework assigned in this book to help her get out of a tough spot with a client, which makes me think that it was useful from her perspective as well.

Quickly - if you're already using MI or you've become aware of similar approaches in your own field, this is a great resource for building deeper understanding, and a tool for developing new skills. Thank you very much Dr. Rosengren.

Really glad I bought this book. I've been using some of the skills exercises in helping staff work with our clientele. They say all the information and exercises are useful as well as keeping their attention.

This book arrived on time and in the condition stated. I found this book to be very helpful in increasing my skill in motivational interviewing. The exercises that the author has at the end of each chapter really challenges you to further explore the topics discussed. I would recommend this book for counselors looking to increase their knowledge in motivational interviewing.

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