



Motivational Interviewing: Preparing People to Change Addictive Behavior

By William R. Miller, Stephen Rollnick

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Since the initial publication of this classic text, motivational interviewing (MI) has been used by countless clinicians in diverse settings. Theory and methods have evolved apace, reflecting new knowledge on the process of behavior change, a growing body of outcome research, and the development of new applications within and beyond the addictions field. Including 25 nearly all-new chapters, this revised and expanded second edition now brings MI practitioners and trainees fully up to date. William R. Miller and Stephen Rollnick explain how to work through ambivalence to facilitate change, present detailed guidelines for using their approach with a variety of clinical populations, and reflect on the process of learning MI. Chapters contributed by other leading experts then address such special topics as MI and the stages-of-change model; using the approach with groups, couples, and adolescents; and applications to general medical care, health promotion, and criminal justice settings.

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Editorial Review

Review

"A classic in the field of addiction treatment. The book contains many practical and helpful procedures that can be used by clinicians and counselors to motivate their clients for treatment or participation in self-help groups....I recommend it highly as a refreshing alternative to the traditional 'confrontational' style advocated by adherents of the disease model of addiction. This book will do much to move people with addiction problems into the 'action stage' of dealing more effectively with their problems." --G. Alan Marlatt, coeditor of *Relapse Prevention*, and Professor of Psychology, University of Washington

"'Must' reading for clinicians working with people [who have] problems with addictions. Practical clinical techniques, clearly articulated theory, fascinating case examples, and a series of chapters showing the application of the principles and techniques to diverse populations all make this a valuable book....It will be required reading for all my students, counselors, and therapists." --Barbara McCrady, Professor and Acting Director, Center of Alcohol Studies, Rutgers University

"The book by Miller and Rollnick is of great significance...it promises to become the 'bible' of motivational interviewing. Everything that is needed to learn and benefit from this new approach is here....Any therapist who wishes to acquire familiarity with one of the most important developments of recent times in the treatment of addictive behaviors should read and consult this book. Certainly, no one concerned with improving their understanding and skills in this field of treatment should be without it." --Nick Heather, Professor of Drug and Alcohol Studies, University of New South Wales

"Miller and Rollnick have produced a landmark guide for effective counseling of clients with such maladaptive behaviors as excessive alcohol, drug, and tobacco use, compulsive gambling, and sex abuse....The whole book is compassionate and humane in its approaches and is replete with specific, interestingly written accounts of actual sessions....This work is likely to make a material contribution toward more realistic, nondogmatic styles in the treatment of behavioral problems." --Don Cahalan, Professor of Public Health, University of California at Berkeley

"We adopted the text for a clinically oriented class on substance abuse and were very pleased with the book and its procedures. Students find it very helpful because it shows how the theories and methods they are learning may be put into practice. The book is great for hands-on clinical practice dealing with substance abuse." --Professor Frank L. Collins, Ph.D., Director of Clinical Program, Oklahoma State University Psychology Department

"Specific, concrete. Excellent therapeutic approach. Clearly written." --Stanley G. McCracken, Ph.D., University of Chicago, Tinley Park, IL

"Text contains strong ideas with an empirical base." --Cass Dykeman, Ph.D., Eastern Washington University, Cheney, WA; Course: Addictive Behavior Counseling

"Simply the best text of its type." --J.F. Stand, Ph.D., Rehabilitation College of Springfield College, MA, course: Rehabilitation of Alcoholics

"This book is excellent--on the cutting edge." --Bruce Underwood, Dr. Ph., Chapman University (course: Seminar in Exercise Science)

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"Well organized and well written. Packed with useful information." --Ann Tomey, Indiana State University, Terre Haute; Recommended text; Graduate, courses have various titles

About the Author

William R. Miller is Professor of Psychology and Psychiatry at the University of New Mexico, and Director of the Research Division of UNM's Center on Alcoholism, Substance Abuse, and Addictions. He has published 17 books and more than 100 articles and chapters, focusing primarily on the treatment of alcohol problems and addictive behaviors. He has developed and evaluated a variety of innovative clinical strategies and, along with G. Alan Marlatt, designed a comprehensive set of structured clinical interviews for pre-treatment and follow-up assessment of alcohol problems. He has held numerous research grants, founded a private practice, served as a consultant to many organizations, and currently holds a 5-year Senior Career Research Scientist Award from the National Institute on Alcohol Abuse and Alcoholism.

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, he 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 schoolteachers and sports coaches.

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