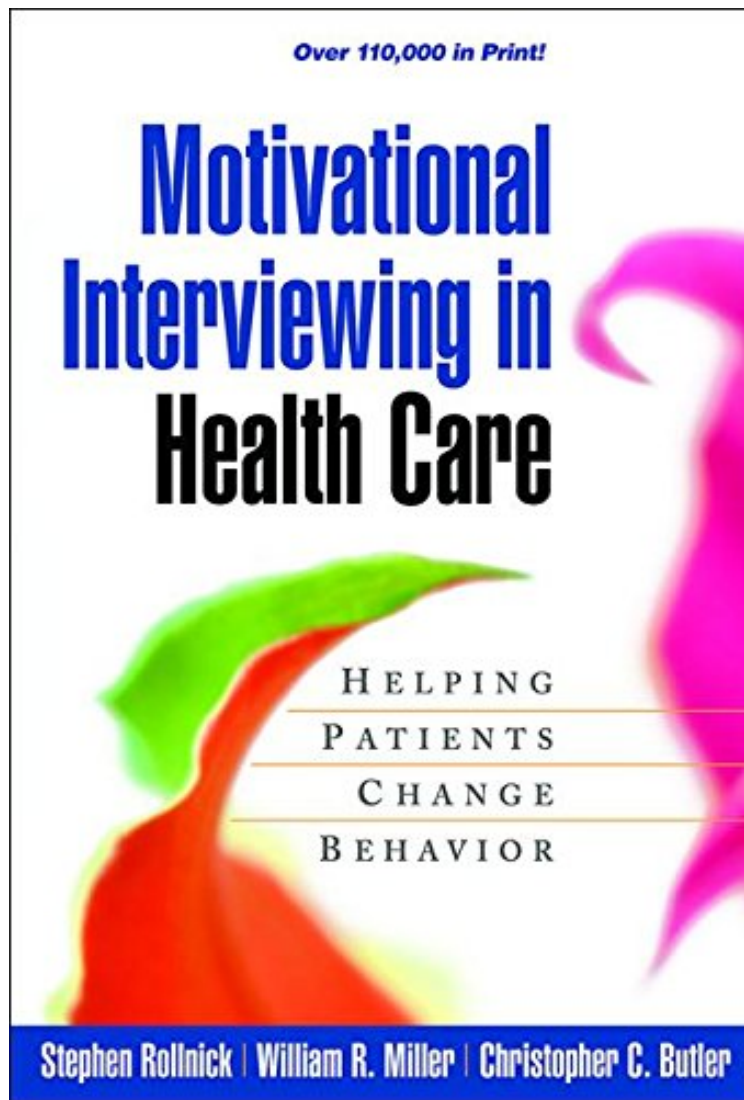


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Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing)

Stephen Rollnick, William R. Miller, Christopher C. Butler
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Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

"We use this book for Coaching Wellness Behavior Change, a core class for all Exercise and Health Science students at UMass Boston. Lifestyle behavior has become a targeted issue contributing to population health. This book provides all health professionals (and future professionals) with invaluable information on developing provider-client relationships that facilitate change."--Dana Commesso, MA, Lecturer, College of Nursing and Health Sciences, University of Massachusetts, Boston "At the heart of rehabilitation are two central tenets: First, the patient is a key member of the rehabilitation team. Second, the rehabilitation process requires patients to learn and utilize new adaptive behaviors. How do we make these two key notions come alive in our interactions with patients? This text is the answer to that question. It provides useful theory, evidence-based methods, and clinical examples. The material is accessible and does not assume advanced knowledge of psychology. The message and skills in this book should be part of the practice of every rehabilitation professional."--Stephen T. Wegener, PhD, ABPP, Director, Division of Rehabilitation Psychology, Department of Physical Medicine and Rehabilitation, Johns Hopkins University