

17 Motivational Interviewing Questions And Skills

17 Motivational Interviewing Questions and Skills: A Comprehensive Guide

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Introduction:

Motivational Interviewing (MI) is a collaborative, person-centered form of guiding to elicit and strengthen motivation for change. Understanding the 17 motivational interviewing questions and skills discussed here is crucial for effective application. This article provides a comprehensive overview of these key elements, exploring their application in various therapeutic settings and highlighting the importance of a client-centered approach. Mastering these 17 motivational interviewing questions and skills is essential for any clinician seeking to enhance their therapeutic efficacy.

Section 1: The Core Principles of Motivational Interviewing

Before delving into the specific 17 motivational interviewing questions and skills, it's vital to understand the underpinning principles of MI:

Collaboration: The therapist works with the client, not on them. This partnership fosters autonomy and self-efficacy.

Evocation: The therapist draws out the client's own reasons for change, rather than imposing their own views. This leverages intrinsic motivation.

Autonomy: The client is empowered to make their own choices. The therapist respects their right to self-determination, even if that means choosing not to change.

Compassion: The therapist displays genuine empathy and understanding for the client's experience. This creates a safe and supportive environment for exploration.

Section 2: 17 Motivational Interviewing Questions and Skills

This section details specific 17 motivational interviewing questions and skills, categorized for clarity:

I. Opening & Building Rapport (Skills 1-3):

1. Open-ended questions: These encourage elaboration, avoiding simple "yes" or "no" responses (e.g., "Tell me about your thoughts on making a change."). This is a fundamental skill among the 17 motivational interviewing questions and skills.
2. Affirmations: Highlighting the client's strengths and efforts reinforces self-efficacy (e.g., "I'm impressed with your commitment to attending these sessions."). This is vital in the 17 motivational interviewing questions and skills framework.
3. Reflective listening: Accurately reflecting the client's emotions and perspectives demonstrates understanding and encourages further exploration. A crucial component of the 17 motivational interviewing questions and skills.

II. Exploring Ambivalence (Skills 4-6):

4. Exploring discrepancies: Highlighting inconsistencies between the client's values and their current behavior motivates change (e.g., "You said you value your health, yet you're still smoking. Can you tell me more about that?"). A key strategy among the 17 motivational interviewing questions and skills.
5. Identifying change talk: Recognizing statements indicating a desire, ability, reasons, or need for change. This is essential when using the 17 motivational interviewing questions and skills.
6. Rolling with resistance: Avoiding direct confrontation; instead, acknowledging the client's perspective and gently guiding them toward exploring alternatives. A subtle yet powerful aspect of the 17 motivational interviewing questions and skills.

III. Strengthening Motivation (Skills 7-10):

7. Summarizing: Periodically summarizing the client's statements helps clarify their thoughts and feelings, reinforcing key points. A helpful technique in the 17 motivational interviewing questions and skills toolkit.
8. Eliciting change talk: Using open-ended questions and reflective listening to draw out the client's own reasons for change. Central to the effectiveness of the 17 motivational interviewing questions and skills.
9. Developing a change plan: Collaboratively creating a concrete plan with achievable steps towards the desired change. A crucial final step in applying the 17 motivational interviewing questions and skills.
10. Setting realistic goals: Establishing achievable goals increases the likelihood of success and maintains motivation. A key element of successful use of the 17 motivational interviewing questions and skills.

IV. Addressing Relapse & Maintaining Change (Skills 11-17):

11. Exploring past successes: Building on past experiences of successful change increases confidence and reduces feelings of hopelessness.
12. Identifying potential obstacles: Proactively identifying and addressing potential barriers to change enhances the chances of sustained progress.
13. Developing coping strategies: Equipping the client with strategies for managing challenges and preventing relapse.
14. Building self-efficacy: Strengthening the client's belief in their ability to succeed.
15. Reinforcing commitment: Affirming the client's commitment to change strengthens their resolve.
16. Providing support and encouragement: Offering consistent support and encouragement throughout the change process.
17. Evaluating progress: Regularly assessing progress and adapting the plan as needed ensures ongoing success.

Section 3: Applications of the 17 Motivational Interviewing Questions and Skills

The 17 motivational interviewing questions and skills are applicable across a wide range of settings, including:

Addiction treatment
Smoking cessation
Weight management
Health behavior change
Mental health counseling

The flexible nature of MI allows for adaptation to individual client needs and specific challenges.

Conclusion:

Mastering the 17 motivational interviewing questions and skills is crucial for effective therapeutic intervention. By embracing the core principles of collaboration, evocation, autonomy, and compassion, clinicians can empower clients to overcome ambivalence and achieve lasting change. The strategic application of these skills, combined with a genuine commitment to client-centered care, makes MI a powerful tool for promoting positive behavioral changes.

FAQs:

1. What is the difference between motivational interviewing and other therapy approaches? MI differs by focusing on eliciting intrinsic motivation from the client, rather than imposing change.
2. Can motivational interviewing be used with individuals who are highly resistant to change? Yes,

MI's techniques for addressing resistance are specifically designed to work with ambivalent individuals.

3. How long does it typically take to see results with motivational interviewing? The timeframe varies depending on the individual and the target behavior.
4. Is special training required to use motivational interviewing effectively? While not strictly mandatory, specialized training significantly enhances proficiency.
5. Can motivational interviewing be used with groups? Yes, adapted MI techniques can be successfully used in group settings.
6. What are some common pitfalls to avoid when using motivational interviewing? Giving advice prematurely, arguing with the client, and imposing solutions are common pitfalls.
7. How can I measure the effectiveness of my motivational interviewing sessions? Track client progress towards their goals, use validated outcome measures, and solicit client feedback.
8. Are there any specific ethical considerations when using motivational interviewing? Maintaining client autonomy and respecting their choices are paramount ethical considerations.
9. Where can I find additional resources on motivational interviewing? Numerous books, workshops, and online resources are available.

Related Articles:

1. The Power of Open-Ended Questions in Motivational Interviewing: This article explores the nuances of using open-ended questions to elicit deeper insights and encourage self-discovery.
2. Mastering Reflective Listening in Motivational Interviewing: This article provides a deep dive into the techniques and subtleties of reflective listening as a core MI skill.
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4. Developing a Collaborative Change Plan in Motivational Interviewing: This article outlines a step-by-step process for co-creating realistic and achievable change plans.
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17 motivational interviewing questions and skills: Motivational Interviewing, Second Edition William R. Miller, Stephen Rollnick, 2002-04-12 This bestselling work has introduced hundreds of thousands of professionals and students to motivational interviewing (MI), a proven approach to helping people overcome ambivalence that gets in the way of change. William R. Miller and Stephen Rollnick explain current thinking on the process of behavior change, present the principles of MI, and provide detailed guidelines for putting it into practice. Case examples illustrate key points and demonstrate the benefits of MI in addictions treatment and other clinical contexts. The authors also discuss the process of learning MI. The volume's final section brings together an array of leading MI practitioners to present their work in diverse settings.

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17 motivational interviewing questions and skills: *Motivational Interviewing, 2E* Thomas M. Kelly, Melanie A. Gold, 2023 This may be the single most important book you ever buy during your medical training. Rotations come and go, exams come and go, but regardless of specialty, patient-care will be at the heart of your practice. It is no exaggeration to say that motivational interviewing (MI) has transformed the way doctors engage with patients, families, and colleagues alike. MI is among the most powerful tools available to promote behavior change in patients. In an age of chronic diseases (diabetes, hypertension, heart disease, obesity), behavior change is no longer limited to substance use or the field of psychiatry - maladaptive choices and behaviors that negatively impact health outcomes are rampant. There is an explosion of research projects using MI or adaptations of MI in the behavioral health medicine field in the past decade. Hospitalizations can't make people change. How marvelous is it that an evidence-based health behavior change approach (MI) can help people change the outcomes of their illnesses and the course of their lives. This therapeutic approach is not a form of psychotherapy and is not the stuff of cobwebs and old leather couches. MI is readily integrated into regular ward rounds and office visits and provides an effective and efficient approach to patients clinical encounters. Written by experts in the field and medical trainees across medicine, the second edition of the MI guide explores how MI enhances contact with patients from every level of training, following an accessible, succinct approach. This book covers the application of MI method and skills into practice and also includes numerous clinical scenarios, personal reflections and online animated clinical vignettes (video clips) that share the challenges and successes the authors have focused. Furthermore this book is endorsed by the pioneers of MI: William R. Miller & Stephen Rollnick.

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many schools lacking adequate staff for supporting student mental health, this guide gives educators the information and strategies they need to address the specific needs of their students. Packed with strategies to use immediately, *Responding to Student Trauma* categorizes trauma according to the source: self/home, school, community, and country/world. It directly addresses how to respond to crises currently facing students and educators and includes tips for planning ahead to be ready for the next crisis. The versatile structure allows *Responding to Student Trauma* to be used as a standalone resource, as a supplement to existing programs, or as a trauma response framework to create a schoolwide program. Having clear and comprehensive programs for times of crisis and students who are struggling with traumatic experiences allows staff to support student mental health and helps reduce staff anxiety and uncertainty about unexpected incidents. Digital content includes a reproducible school-planning worksheet, teacher quick-guide worksheet, and action items checklist to ensure the entire staff is trained and feels prepared to respond quickly to situations. A free downloadable PLC/Book Study Guide available at freespirt.com/PLC.

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17 motivational interviewing questions and skills: *Motivational Interviewing in Social Work Practice* Melinda Hohman, 2015-07-22 Why social work and motivational interviewing? -- The heart of motivational interviewing -- Motivational interviewing and the engagement and assessment process / with Hilda Loughram and Sally Mathiesen -- Supporting self-efficacy, or what if they don't think they can do it? / with Stephanie Wahab and Katie Slack -- Expressing empathy : communicating understanding (even when it's hard) -- Developing discrepancy : using motivational interviewing in a group setting to increase ambivalence -- Rolling with resistance : motivational interviewing with adolescents or you can't make me / with Elizabeth Barnett and Audrey. M. Shillington -- Building collaboration : motivational interviewing in community organization work / with Mike Eichler -- Integrating motivational interviewing into social work practice / with Rhoda Emlyn-Jones, Bill James and Cristine Urquhart -- Final thoughts : lessons learned from training and teaching motivational

interviewing.

17 motivational interviewing questions and skills: Building Motivational Interviewing Skills David B. Rosengren, 2012-09-26 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.

17 motivational interviewing questions and skills: Motivational Interviewing in HIV Care Antoine Douaihy, K. Rivet Amico, 2020 MI is a practical, brief, and evidence-based approach that takes into consideration how difficult it is to make behavioral changes. Ambivalence represents a patient's experience of simultaneously feeling conflicted (two ways) about changing one's behavior; for example, concurrently wanting to make a change while also feeling reluctant to do so--

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17 motivational interviewing questions and skills: Motivational Interviewing in Health Care Stephen Rollnick, William R. Miller, Christopher C. Butler, 2012-03-07 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.

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17 motivational interviewing questions and skills: Motivational Interviewing in Medical Rehabilitation Nicole Schechter, Connie Jacocks, Lester Butt, Stephen T. Wegener, 2024 This book offers an overview of motivational interviewing (MI), an evidenced-based approach shown to change behaviors and increase engagement in many patient populations for improved outcomes. This describes its applications of MI for rehabilitation specialists who work with a wide range of impairments and chronic health problems. It delivers strategies for implementing MI training and evaluation in rehabilitation settings.

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17 motivational interviewing questions and skills: Textbook of Adult-Gerontology Primary Care Nursing Debra J Hain, PhD, APRN, AGPCNP-BC, FAAN, FAANP, FNKF, Deb Bakerjian, PhD, APRN, FAAN, FAANP, FGSA, 2022-02-21 I was thrilled to see content that focuses on quality improvement, patient safety, interprofessional collaboration, care coordination, and other content that supports the role of the AGNP as a clinical leader and change agent. The authors give these topics the attention that they deserve, with clear, insightful guidance and importantly, the evidence base. The chapters that address roles (including during disasters!), settings of care, billing, and medication use address salient issues that will help the fledgling AGNP to hit the ground running and the seasoned AGNP to keep current. -Marie Boltz, PhD, GNP-BC, FGSA, FAAN Elouise Ross Eberly and Robert Eberly Endowed Professor Toss and Carol Nese College of Nursing, Penn State University From the Foreword Written for Adult-Gerontology Primary Care Nurse Practitioners, faculty, and students, this primary text encompasses the full scope of AGNP primary care practice across multiple healthcare settings including telehealth. The text emphasizes the best available evidence to promote person-centered care, quality improvement of care, interprofessional collaboration, and reducing healthcare costs. The text delivers timely information about current healthcare initiatives in the U.S., including care coordination across the healthcare continuum, interprofessional collaboration, and accountable care organizations. Disease-focused chapters contain general and specific population-based assessment and interprofessional care strategies to both common and complex health issues. They offer consistent content on emergencies, relevant social determinants of health, and ethical dilemmas. The text also prepares students for the administrative aspects of practice with information on the physical exam, medications, billing, coding, and documentation. Concise, accessible information is supported by numerous illustrations, learning objectives, quality and safety alerts, clinical pearls, and case studies demonstrating best

practice. A robust ancillary package includes an Instructor's Manual with case studies and teaching guides, a Test Bank reflective of clinical situations and patient conditions, PowerPoints covering key concepts, and an Image Bank of skin conditions and other figures. Key Features: Covers several key courses in the curriculum for ease of teaching/learning Embraces a broad population focus addressing specific care needs of adolescents through older adults Facilitates safe care coordination and reinforces best practices across various health care settings including telehealth Fosters understanding, diagnosis, and management of patients with multimorbid conditions Incorporates evidence-based practice information and guidelines throughout, to ensure optimal, informed patient care A robust ancillary package includes an Instructor's Manual, a Test Bank, PowerPoints, and an Image Bank.

17 motivational interviewing questions and skills: Motivational Interviewing in Groups Christopher C. Wagner, Karen S. Ingersoll, with Contributors, 2012-11-28 A unique clinical resource, this book shows how to infuse the methods and spirit of motivational interviewing (MI) into group-based interventions. The authors demonstrate how the four processes of MI with individuals translate into group contexts. They explain both the challenges and the unique benefits of MI groups, guiding practitioners to build the skills they need to lead psychoeducational, psychotherapeutic, and support groups successfully. A wealth of clinical examples are featured. Chapters by contributing authors present innovative group applications targeting specific problems: substance use disorders, dual diagnosis, chronic health conditions, weight management, adolescent risk behaviors, intimate partner violence, and sexual offending. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

17 motivational interviewing questions and skills: Motivational Interviewing in the Treatment of Psychological Problems, Second Edition Hal Arkowitz, William R. Miller, Stephen Rollnick, 2015-06-12 This authoritative guide has given tens of thousands of clinicians proven tools for helping clients resolve ambivalence and mobilize their energy, commitment, and personal resources for change. Leading experts describe ways to combine motivational interviewing (MI) with other treatments for a wide range of psychological problems, including depression, anxiety disorders, eating disorders, posttraumatic stress disorder, and others. Chapters illustrate the nuts and bolts of intervention, using vivid clinical examples, and review the empirical evidence base. Contributors show how to tailor MI to each population's needs, whether used as a pretreatment or throughout the course of therapy. New to This Edition *Many new authors; extensively revised with the latest theory, practices, and research. *Chapters on domestic violence, addictions, and smoking cessation with adolescents. *Chapter on transdiagnostic treatment.

17 motivational interviewing questions and skills: Motivational Interviewing and CBT Sylvie Naar, Steven A. Safren, 2023-11-03 Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

17 motivational interviewing questions and skills: Building Motivational Interviewing Skills David B. Rosengren, 2017-08-14 Many tens of thousands of mental health and health care professionals have used this essential book--now significantly revised with 70% new content reflecting important advances in the field--to develop and sharpen their skills in motivational interviewing (MI). Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities. Readers build proficiency for moving

through the four processes of MI--engaging, focusing, evoking, and planning--using open-ended questions, affirmations, reflective listening, and summaries (OARS), plus information exchange. In a large-size format for easy photocopying, the volume includes more than 80 reproducible worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials. New to This Edition *Fully revised and restructured around the new four-process model of MI. *Chapters on exploring values and goals and finding the horizon. *Additional exercises, now with downloadable worksheets. *Teaches how to tailor OARS skills for each MI process. *Integrates key ideas from positive psychology. Winner (First Place)--American Journal of Nursing Book of the Year Award, Adult Primary Care Category This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

17 motivational interviewing questions and skills: Motivational Interviewing William R. Miller, Stephen Rollnick, 2023-08-23 Now in a fully rewritten fourth edition, this is the authoritative presentation of motivational interviewing (MI), the powerful approach to facilitating change. It has been updated and streamlined to be even more user-friendly as a practitioner guide and course text. MI originators William R. Miller and Stephen Rollnick elucidate the four tasks of MI--engaging, focusing, evoking, and planning--and vividly demonstrate 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. The book reviews the evidence base for the approach and covers ways to assess the quality of MI. The companion website provides reflection questions, annotated case material, and additional helpful resources. New to This Edition *Most of the book is entirely new. *Addresses the breadth of MI applications not only in counseling and psychotherapy, but also in health care, education, coaching, management, and other contexts. *Discusses delivering MI remotely, simple versus complex affirmations, strategic use of directional questions, ethical considerations, and other new or expanded topics. *Increased emphasis on using MI throughout a client's process of change and growth, not just in the preparatory stage. Pedagogical Features *New or updated online materials, including reflection questions and annotated cases. *Key points at the end of each chapter. *Personal Perspective and For Therapists boxes in every chapter. *Extensive glossary. *New self-assessment tool that targets the component skills of MI. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

17 motivational interviewing questions and skills: Interview Questions and Answers Richard McMunn, 2013-05

17 motivational interviewing questions and skills: Motivational Interviewing in Schools Keith C. Herman, PhD, Wendy M. Reinke, PhD, Andy J. Frey, PhD, 2020-12-07 Note to Readers: Publisher does not guarantee quality or access to any included digital components if book is purchased through a third-party seller. Praise for the first edition: "The authors of this book have made a very important contribution in producing a book that literally provides a roadmap for how to realize MI's potential in school and family contexts. They are the acknowledged leaders of MI in schools and deserve much credit for adapting this approach so well for effective use by educators...I recommend it unconditionally as an invaluable resource for today's related services professional." -Hill Walker, PhD, University of Oregon The second edition of this seminal reference is still the only book available that provides detailed, step-by-step guidance for using Motivational Interviewing (MI) to facilitate positive change in schools by working with parents, teachers, and students. Featuring readily accessible, proven strategies for promoting academic enabling behaviors, this text describes the defining principles, processes, and skills of MI. The new edition illuminates research-based strategies for building teacher, student, and parent engagement in school-based services, and identifies best-practice MI consultation skills, and tailors these interventions to the specific needs of teachers, students, and parents. Additionally, the book identifies methods for combining MI with other school-based intervention models as well as defining procedures for integrating MI within a school or across a school district. New to the second edition is the innovative coaching framework HomeBase, important literature updates on the science and practice of MI in schools, and expanded

information on new applications of MI with students. The second edition also includes new strategies for motivating MI participants, MI applications with school problem-solving teams, and a major update to the sections on Learning MI and Monitoring Implementation Quality. Purchase of the print edition includes access to Ebook format. New to the Second Edition: Includes new HomeBase intervention program designed as a collaboration between parents and teachers to support children Delivers a new MI coaching framework Significantly updates sections on Learning MI and Monitoring Implementation Quality Reflects latest science regarding proper implementation of MI Expands coverage of MI applications with school problem-solving teams Includes strategies for learning and improving MI skills Provides new dialogues/scripts from successful parent, teacher, and student interactions Highlights specific interventions for gifted youth, applications for student self-monitoring and for support in alternative settings Key Features: Demonstrates how to apply motivational interviewing to K-12 to help school professionals improve effectiveness Delivers expert tips for working with challenging families, students, and teachers Covers implementation and dissemination strategies for learning MI and monitoring fidelity Includes abundant opportunities for practice Includes examples of MI that promote everyday conversations about change Provides dozens of handouts to use with students, teachers, and parents

17 motivational interviewing questions and skills: *Motivational Interviewing in Schools*

Stephen Rollnick, Richard Rutschman, Sebastian G. Kaplan, 2016-09-20 The first teacher's guide to the proven counseling approach known as motivational interviewing (MI), this pragmatic book shows how to use everyday interactions with students as powerful opportunities for change. MI comprises skills and strategies that can make brief conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the dos and don'ts of talking to K-12 students (and their parents) in ways that promote self-directed problem solving and personal growth. The authors include the distinguished codeveloper of MI plus two former classroom teachers. User-friendly features include learning exercises and reflection questions; additional helpful resources are available at the companion website. Written for teachers, the book will be recommended and/or used in teacher workshops by school psychologists, counselors, and social workers. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

17 motivational interviewing questions and skills: *Core Curriculum for Interdisciplinary Lactation Care* Lactation Education Accreditation and Approval Review Committee, Suzanne Hetzel Campbell, Becky Spencer, 2022-09 Core Curriculum for Interdisciplinary Lactation Care, Second Edition provides a trustworthy source for lactation-specific information and education for students, interns, certification candidates, instructors, and clinicians-in any discipline or specialty-who provide care to breastfeeding families. Published in association with the Lactation Education Accreditation and Approval Review Committee (LEAARC), it reflects the current state of practice and serves as a fundamental resource for beginning clinicians, orienting staff, and planning continuing education programs. Organized in three sections, Core Curriculum for Interdisciplinary Lactation Care, Second Edition focuses on the science, management, and professional aspects of lactation care. With contributions from a team of clinical lactation experts from several countries around the world, it emphasizes an interdisciplinary approach to provide comprehensive care for breastfeeding families. Written to complement the LEAARC curriculum used in recognition of lactation education programs, the text includes clinical applications that move from theory to practice, including key learning points, clinical case studies, and real-life stories from parents and the healthcare team--

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17 motivational interviewing questions and skills: Motivational Interviewing for Clinical Practice Petros Levounis, Bachaar Arnaout, Carla Marienfeld, 2017-01-06 Motivational Interviewing for Clinical Practice teaches the reader how to use the critically important tool of motivational interviewing to promote health and well-being. Based on the theoretical framework of Miller and Rollnick, the book presents the latest models and techniques that the editors and authors have found helpful in their scholarship and clinical experience. Failure to adhere to recommended treatments is common across a wide range of illnesses -- from medical problems, such as hypertension or management of cardiovascular risk factors, to psychiatric disorders, including addiction. The methods and skills of motivational interviewing can be applied to any health behavior, be it giving up alcohol or cigarettes, taking medication for hypertension or high cholesterol, or changing dietary and exercise habits. Motivational Interviewing for Clinical Practice has many useful features: The book is organized along the four processes of motivational interviewing -- engaging, focusing, evoking, and planning -- which provides a consistent framework for enhanced understanding. The authors include numerous case examples with extensive illustrations of clinical dialogue that will be invaluable to both novices and experts. The book explores the integration of motivational interviewing with other psychotherapies and the use of motivational interviewing with psychopharmacology. The authors also address special topics such as motivational interviewing in a diverse society and the teaching of motivational interviewing. Key points, references, and multiple-choice examination questions, along with explanations of the correct answers, are provided, as well as numerous clinical tools and summary tables to bring the material to life. For those looking for a quick general or board review on the topic, the multiple choice questions and answers are collected together in a special section for easy access, self-study, and review. Medical students new to motivational interviewing provide reflections on each chapter, focusing readers on the material deemed by their peers to be most useful to them in the future. Written for busy clinicians without specialized knowledge or expertise in behavior change, Motivational Interviewing for Clinical Practice provides straightforward, practical suggestions for working effectively with patients who suffer from substance use and other psychiatric disorders.

17 motivational interviewing questions and skills: **Motivational Interviewing in Schools** Keith C. Herman, PhD, Wendy M. Reinke, PhD, Andy J. Frey, PhD, Stephanie A. Shepard, PhD, 2013-12-19 One of the greatest challenges for mental health and other professionals in school settings is to get students, families, and staff willing to partake of and engaged in their services. This is the first book on applying motivational interviewing (MI) is a powerful, evidence-based technique for facilitating behavior change throughout the school environment to help psychologists, counselors and other school-based professionals to improve the effectiveness of their practice. Based on encouraging research on the value of MI in K-12 settings, this practical book explains the basic

elements of MI theory and demonstrates, step-by-step, how the four-stage process of engaging, focusing, evoking, and planning can be used with the families of students who need psychological or counseling services, teachers who need consultation and support to improve classroom management, and the students themselves. The book discusses barriers to readiness to change and describes how to foster engagement and compliance with school services to increase the likelihood that positive change will occur. It also describes how MI can be used to increase the effectiveness of inter-professional teams in school settings, along with ways in which MI can be integrated into and build support for already established programs. Richly illustrated with examples of using MI as a strategy for promoting everyday conversations about change--the nucleus of MI practice--the book also includes case studies and sample handouts for mental health professionals, students, family members, and teachers. Key Features: Demonstrates how to apply motivational interviewing to the K-12 environment to help school professionals improve effectiveness Explains the four-stage process of engaging, focusing, evoking, and planning Shows how MI can be used with children, their families, and teachers to facilitate change Describes how MI can be integrated into other established programs Includes plentiful case studies and examples of MI as a strategy for promoting everyday conversations about change

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17 motivational interviewing questions and skills: *Motivational Interviewing for Leaders in the Helping Professions* Colleen Marshall, Anette Sogaard Nielsen, 2020-08-04 Written expressly for leaders in health care and the social services, this accessible book shows how motivational interviewing (MI) can transform conversations about change within an organization. The authors demonstrate powerful ways to use MI to generate solutions and get employees and organizations

unstuck, whether mentoring a staff member in a new role, addressing performance problems, or redesigning procedures or programs. Readers are guided to skillfully and ethically apply the core MI processes—engaging, focusing, evoking, and planning—in the management context. User-friendly features include reproducible worksheets, end-of-chapter self-reflection exercises, and extended case vignettes. Purchasers get access to a companion website where they can download and print these materials in a convenient 8 ½ x 11 size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

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17 motivational interviewing questions and skills: *The Business Student's Guide to Study and Employability* Peter Morgan, 2020-11-18 Fully up-to-date and with a range of online tools and resources to support both lecturers and students, this book covers the essential skills needed by business and management students throughout their university career and on their journey into the working world.

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better serve all students.

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