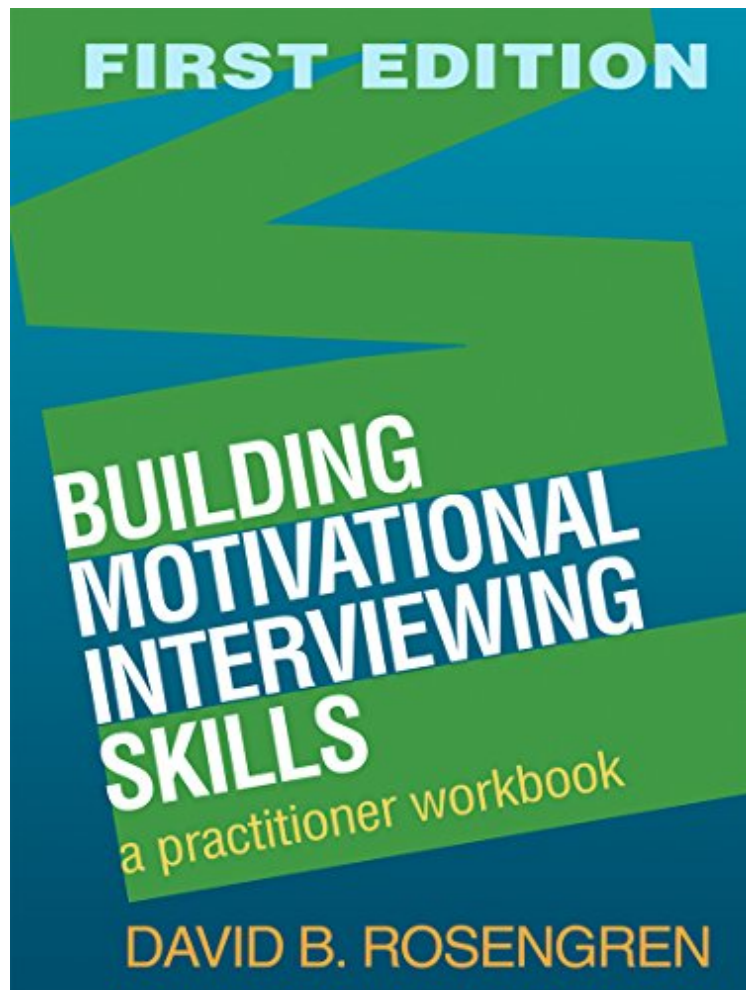


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## **Building Motivational Interviewing Skills: A Practitioner Workbook (Applications of Motivational Interviewing)**

*David B. Rosengren*

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**David B. Rosengren : Building Motivational Interviewing Skills: A Practitioner Workbook (Applications of Motivational Interviewing)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Building Motivational Interviewing Skills: A Practitioner Workbook (Applications of Motivational Interviewing):

9 of 9 people found the following review helpful. Behavior Change StrategiesBy Girl Raised In The SouthKnowing 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. 2 of 2 people found the following review helpful. Useful for trainees  
By Dani TI 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. 2 of 2 people found the following review helpful. Excellent book, easy to read  
By Jenna Carington Excellent book, easy to read, and accessible. I feel like this is a key text for those wishing to enhance their practice of MI. I am a licensed therapist who has trained in MI and used in practice, and still benefited from this material.

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.

"Even after reading seminal texts and attending workshops by the best trainers, it can be challenging to put a new treatment into practice. This book is the key to successfully using MI. It explains all the key principles and skills with great clarity. Each chapter includes concept quizzes, excellent exercises aimed at mastering the skills, and the best therapy transcripts I have seen. 'In Practice' dialogues include the actual statements made by the therapist and client, as well as a commentary on each statement. These dialogues are real gems. The Workbook will be appealing to a wide audience. It is a 'must read' for all mental health professionals and will make a super textbook for graduate courses. It will also be extremely useful to medical professionals."--Deborah Roth Ledley, PhD, Children's Center for OCD and Anxiety, Plymouth Meeting, Pennsylvania