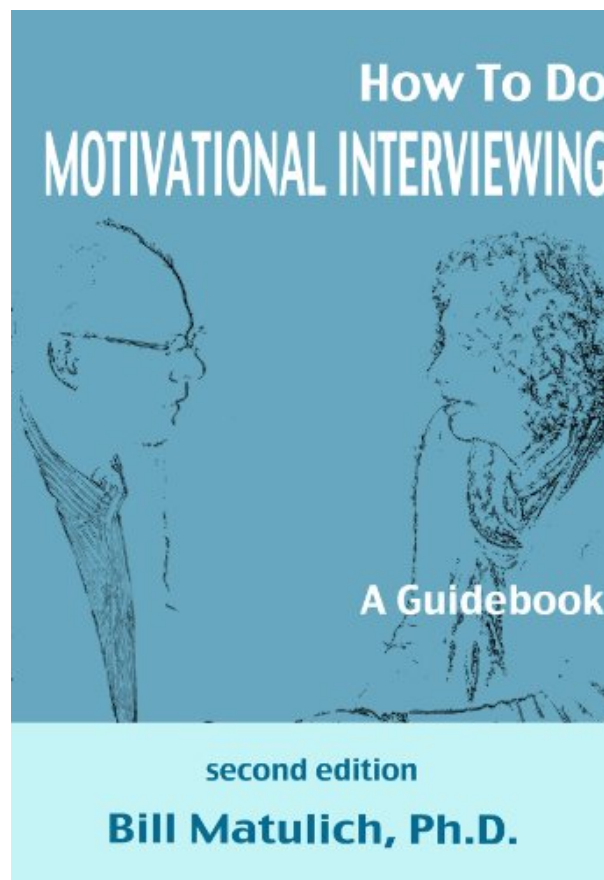


HOW TO DO MOTIVATIONAL INTERVIEWING: A GUIDEBOOK BY BILL MATULICH



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How To Do MOTIVATIONAL INTERVIEWING



A Guidebook

second edition

Bill Matulich, Ph.D.

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HOW TO DO MOTIVATIONAL INTERVIEWING: A GUIDEBOOK BY BILL MATULICH PDF

This is the second edition of the popular ebook: How To Do Motivational Interviewing. In this concise book, you will learn how to do Motivational Interviewing (MI), the evidence-based, client-centered counseling approach that has demonstrated effectiveness for a range of psychological, behavioral, and health related issues. Rather than the counselor arguing for the client to change, the MI approach helps elicit client's own arguments for behavior change. Some of the topics covered include: how to prepare for an MI session, how to assess your client's motivation using two simple questions, how to ask powerful, strategic questions that move a client toward healthy behavior change, how to handle "resistance" or discord in the therapeutic relationship, and how to give information and advice in the MI consistent way that is acceptable to the client. The author, an experienced psychologist, psychotherapist, public speaker, and MI instructor, shows how simple counseling techniques, taught in any beginning counseling class, can be powerful when used strategically to tap into clients' own motivation. Anyone who works with people including doctors, nurses, psychologists, addiction counselors, social workers, case managers, family advocates, lay counselors, correctional staff, dentists, life coaches, dietitians, nutritional counselors, physical therapists and others would benefit from the information in this book. The second edition updates the information and concepts presented in the first edition based on recently published texts of MI and adds a useful glossary.

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Most helpful customer reviews

10 of 12 people found the following review helpful.

a short copy of the original MI book, seems plagium without giving back the original MI concept

By Zsu

I am really disappointed at this book!!!! I ordered this item to get to know MI but it was just a 60 pages shortening of a great book without giving back the meaning and importance of MI. it was hard to read and i could hardly understand the concepts as it was not at all explained. I only ordered this book because it was the only one in kindle edition of MI subject.

Then I ordered the real MI book in paperback(Motivational Interviewing, Third Edition: Helping People Change (Applications of Motivational Interviewing) by Miller, William R. and Rollnick, Stephen P. (Nov 11, 2012) and it was a BIBLE for MI. I really love that book everything is clearly written and expained in detail and you really dont need any "guide" book for that comprehensive original book.

When I was reading the "MI Bible" I noticed that Bill Matulich in this guiding book only COPIED (100% copying unfortunatelly) certain sentences from the book, sometimes even not changing the sentence structure - i would say that it is a plagium!!!

So I really have bad feelings about this book and the author. He neither gave back the MI style.

As a medical doctor I love the original " MI bible" by Miller and Rollnick and the concept of MI and if you read that book (the 3rd edition because the authors thoughtly revised the book and MI structure)you will not

need any "guide" written by people who are far away from the inventors of MI.

2 of 2 people found the following review helpful.

I love it!

By Lizzette Novelo

This book was extremely helpful for having a better understanding of the steps and highlights of motivational interviewing. As a recent graduate, this book helped me to have a clear idea of how effective my counseling sessions can be if I apply MI correctly. The best aspect about this book is that it is very easy to read and understand.

1 of 1 people found the following review helpful.

Good introduction well placed to get you up and started

By Thomas Hall

Easy style with plenty of prompts and examples and good clarity about recent changes to MI. I particularly liked the 'whole of interview approach' that complemented very well the face-to-face training I was doing as I read this book.

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