

1. Record Nr.	UNINA9910794793603321
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Titolo	Motivational interviewing for mental health clinicians : a toolkit for skills enhancement // Jennifer Frey and Ali Hall ; foreword by William R. Miller
Pubbl/distr/stampa	Eau Claire, Wisconsin : , : PESI Publishing, , [2021] ©2021
Descrizione fisica	1 online resource (344 pages)
Disciplina	616.89
Soggetti	Interviewing in mental health Clinical psychology Psychotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Copyright -- About the Authors -- Dedication -- Acknowledgments -- Table of Contents -- Foreword -- Preface -- Introduction -- Learning Experiences in the Toolkit -- Maximizing Your Learning -- 1. MI with People Experiencing Mental Health Issues -- The Value of MI in Mental Health Settings -- Depression -- Anxiety -- Bipolar Symptoms -- Substance Use Issues -- Thought Disorders -- 2. Strengthening the Spirit of Motivational Interviewing -- Components of MI Spirit -- Turning "What's Wrong" into "What's Strong" -- Strengthening MI Spirit and Avoiding Burnout with Mindful Practices -- Monitoring Your MI Spirit Over Time -- 3. Conversations About Change -- Constructive Conversations About Change -- Interpersonal Communication Styles and Conversations About Change -- Ambivalence About Change -- Components of an Effective Motivational Conversation 1: MI-Consistent Behaviors, MI-Inconsistent Behaviors, Evocative Behaviors -- Components of an Effective Motivational Conversation 2: Relational and Technical Components -- Brief Conversations About Change -- Introducing MI Processes and Core Skills -- 4. The Core Skills of MI -- Listening -- Core Skill: Open Questions -- Core Skill: Affirmations -- Core Skill: Reflections -- Core Skill: Summaries -- Offering MI-Consistent Information and Advice --

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Sommario/riassunto

In this motivational interviewing (MI) toolkit, you will find a variety of tools and strategies designed to help you apply the spirit of MI so you can more effectively evoke people's own interests, experiences, and good ideas for change.
