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Nota di contenuto	Cover; Front Matter; Contents; Part I--Integrating Motivational Interviewing into the Treatment of Anxiety and Related Problems; 1--Where and Why Motivational Interviewing Fits; 2--The Spirit of Motivational Interviewing; Part II--Assessing Readiness for Change; 3--Observing Resistance; 4--Asking about Readiness; Part III--Understanding Ambivalence and Building Resolve; 5--Introduction to Working with Ambivalence; 6--Understanding and Reframing Resistance to Change; 7--Evoking and Elaborating Change Talk; 8--Developing Discrepancy Part IV--Extending Motivational Interviewing into the Action Phase9--Evoking and Elaborating Client Expertise; 10--Sharing Your Expertise; 11--Listening Reflectively; 12--Rolling with Resistance; Part V--Putting It All Together; 13--Integrated Case Example; Epilogue: Training and Future Directions; Appendix: Resources and Recommended Readings; References; Index

Sommario/riassunto

This practical book provides effective strategies for helping therapy clients with anxiety resolve ambivalence and increase their intrinsic motivation for change. The author shows how to infuse the spirit and methods of motivational interviewing (MI) into cognitive-behavioral therapy or any other anxiety-focused treatment. She describes specific ways to use MI as a pretreatment intervention or integrate it throughout the course of therapy whenever motivational impasses occur. Vivid clinical material--including a chapter-length case example of a client presenting with anxiety and depressio
