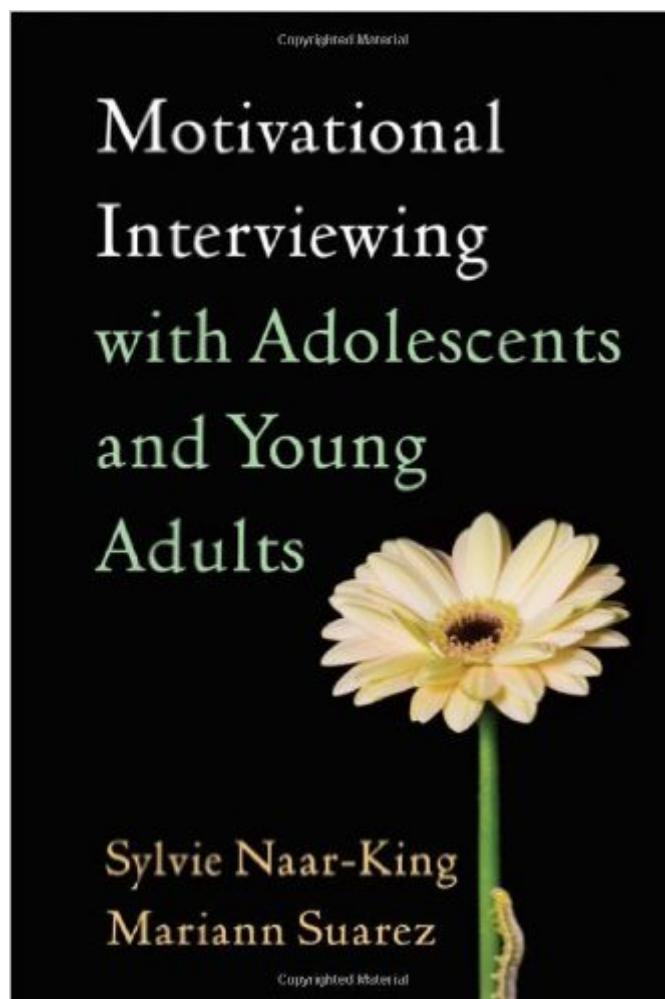


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# **Motivational Interviewing With Adolescents And Young Adults (Applications Of Motivational Interviewing)**



## **Synopsis**

This pragmatic guide spells out how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Filled with vivid examples, sample dialogues, and "dos and don'ts," the book shows how conducting MI from a developmentally informed standpoint can help practitioners quickly build rapport with young patients, enhance their motivation to make healthy changes, and overcome ambivalence. Experts on specific adolescent problems describe MI applications in such key areas as substance abuse, smoking, sexual risk taking, eating disorders and obesity, chronic illness management, and externalizing and internalizing behavior problems. This book is in the Applications of Motivational Interviewing series.

## **Book Information**

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## **Customer Reviews**

I am a mental health therapist working for the first time with teens, many of whom are very guarded. I had gone to a motivational interviewing workshop but it was very basic. This is an excellent resource for a practitioner working with the adolescent population particularly those teens who aren't sure they want to change anything in their lives. This book offers a step by step description of the approach and gives very specific and practical advice. It has improved my ability to work with this population. Motivational interviewing takes years of practice and supervision to become proficient but the information in this book is a great start.

I'm a clinical social work MSW student and I use aspects of MI in my practice with inpatient adolescents all the time. This book is a great, concise, reference on the basics of MI with adolescents. That said, if you have no prior knowledge of how MI works and want to actually practice MI, this is not the book for you. You'll need something a little more in depth, even if it's not specific to adolescents. I'd recommend one of the MI basics books by Prochaska.

This book provides a very good basic understanding of motivational interviewing. It is very well written with outstanding examples of practical uses of motivational interviewing with adolescents and families.

This book gave me great intro on the subject of motivational interviewing paired with down to earth examples of how to incorporate it in clinical practice. Money well spent.

A great book that explains the basics of MI and how to utilize it with young adults. A lot of it is very basic information, so if you're familiar with MI it may not be as beneficial though it does give unique insight it to many different scenarios with which MI could be used.

I think it is the best reference on this specific area. Unfortunately, this specific population has so few studies about that it is very hard to write a book about, whithout much guessing and adaptations of adult literature.

This book proved itself to be an a great buy. It is written in easy to understand and engaging language and leaves the reader with an excellent intro to using Motivational Interviewing with teens.

I love the book and it is easy read. I really am tired of the books that are written in a way that is hard to read and understand. I love this book.

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