



## Psychotherapy Essentials to Go: Motivational Interviewing for Concurrent Disorders

By Carolynne Cooper, Wayne Skinner

WW Norton Co, United States, 2013. DVD-ROM. Condition: New. Language: English . Brand New Book. Addiction-whether to alcohol and drugs, sex, gambling, or Internet use-and mental health problems often go hand-in-hand. This concise book summarizes the key principles of a particular therapeutic approach to concurrent disorders, Motivational Interviewing (MI), which guides clients in eliciting and strengthening their desire for change. Laying out a four-stage treatment model-engagement, preparation, active treatment, and continuing care-the book walks readers through key facets of the therapeutic rapport at the heart of MI: working collaboratively on goals; connecting to the patient by understanding his or her strengths, needs, and concerns; and using the core MI skills of open questions, affirmations, reflections, and summaries ( OARS ). Readers are immersed in the spirit of MI through explanations and illustrations, preparing them for the practical challenges of therapeutic work with clients who suffer from addiction and mental health problems. Included in this comprehensive guide are a DVD of sample therapy sessions and clinical explication that describe how to implement the protocol, as well as a laminated pocket reminder card. An on-the-go package of practical tools that busy clinicians won t want to be without.



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