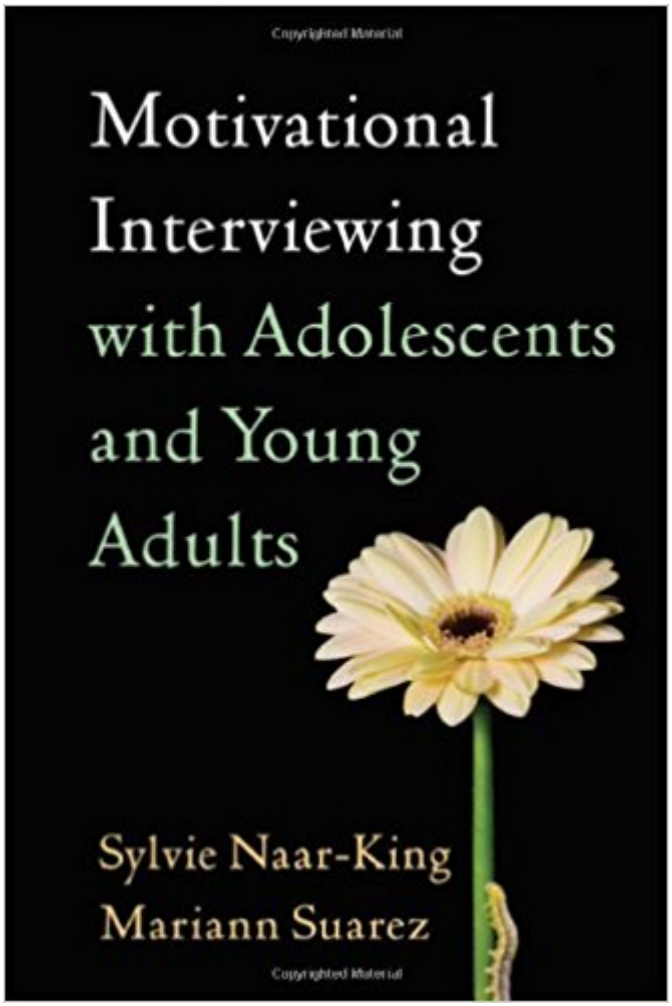
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Motivational Interviewing With Adolescents And Young Adults (Applications Of Motivational Interviewing)



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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, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Book Information

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Customer Reviews

"Filling a critical void, this book answers the call of practitioners and scholars who for years have been asking for a clinical text on how to use MI with youth. Naar-King and Suarez describe the developmental context and provide many easy-to-read examples of using each MI principle and strategy with adolescents and young adults. The authors have also drawn together some of the most prominent figures in MI to describe applications for specific populations and settings. This book would make an excellent stand-alone text for a course on MI or a great supplemental text for any course on clinical interventions with youth."--Keith Herman, PhD, Department of Educational,

School, and Counseling Psychology, University of Missouri"Naar-King and Suarez remind us that the more you try to persuade and direct, the more a young person tends to resist. Want more productive conversations about behavior change with the young adults you work with? Want to stop the pathologizing of adolescents and help them maximize their potential? Look to this book for all-important 'how-tos' and helpful strategies."--Michael D. Clark, MSW, Director, Center for Strength-Based Strategies, Mason, Michigan; member, Motivational Interviewing Network of Trainers (MINT)"MI has such a strong theoretical and empirical base that it should become a standard part of training in the mental health and health fields. This book provides an excellent introduction to MI and a compelling overview of applications with adolescents, which is a developing field worthy of continued study. It presents ethical and skill-development guidelines that should be required reading for anyone interested in using MI with adolescents and young adults."--Bradley H. Smith, PhD, Department of Psychology, University of South Carolina"A beautifully written, well-organized, and immensely substantive book on collaborating with young people who are struggling with serious challenges. I highly recommend this book to anyone who works with teenagers and young adults. Readers will benefit from its unique blend of spirit and skill, lively illustrations, and universal lessons. I guarantee that this book will not disappoint!"--Andrew Malekoff, LCSW, CASAC, Executive Director, North Shore Child and Family Guidance Center, Roslyn Heights, New YorkÃ Â "The authors combine a user-friendly style with rigorous research evidence. The book is well organized and offers enough detail to enable practitioners to grasp the subtleties that can make the difference between being effective or not. The useful examples, tips, and chapter summaries make it a handy reference not only for counselors-in-training, but also for experienced counselors, educators, and others working with this client group. Also offered are very useful, practical models of how MI can be adapted to particular behavioral issues, such as eating disorders and smoking cessation. An indispensable guide for anyone working with issues of behavior change in young people."--Ariana Faris, MSc, private practice, Cardiff, United Kingdom; member, Motivational Interviewing Network of Trainers (MINT)Ã Â "Whether you are working with young people with health problems such as diabetes, eating disorders, asthma, or other disorders which require self-management and lifestyle changes; with young people engaged in hazardous or harmful use of alcohol, tobacco, or illicit substances; or with young people involved in the criminal justice system, in this book you will find practical strategies to assist young people to build and maintain motivationÃ¢â ¬Â¦.This book is well written, clear, and practical, and would be a valuable addition to the professional library of any clinician working with adolescents and young adults.Ã¢â ¬Â• (Drug and Alcohol Review 2013-01-01)"MI seems to provide a missing link for

clients who find themselves ambivalent not only in relation to the therapeutic input offered, but also about the adult world that offers it, and their own changing role within that world. Divided into three logical sections, this book sets out to provide a comprehensive introduction to the use of MI with adolescents and young adults, exploring how the core principles of MI can be applied to this age group and some of the common difficulties with which they present. Writing in a clear and pragmatic style, Sylvie Naar and Mariann Suarez achieve just that, and the resulting book proved to be easy to read, as well as being a useful and informative clinical guideÃ¢â ¬Â¦.Clinicians from a variety of professional backgrounds who are new to the theory of MI and are seeking different ways to engages adolescents and young people in therapeutic settings will find this to be an accessible guide. The clarity of structure and helpful chapter summaries make the book easy to pick up, even in the midst of a busy clinic.Ã¢â ¬Â• (Family Psychologist 2013-01-01)"This book, with contributions by 31 authors in addition to the editors, builds upon the foundational presentation of motivational interviewing (MI) by Miller and Rollnick to encourage and instruct those who work with adolescents and young adults in the core skills of MI in order to produce Ã¢â ¬Ëœless frustrating and Ã Â more satisfying interactions with young people.Ã¢â ¬â„¢Ã¢â ¬Â• (Journal of Developmental and Behavioral Pediatrics 2012-09-01)"Motivational interviewing was originally developed as a technique to elicit change in the adult substance abusing population. However, recent practice has demonstrated efficacy with younger populations with a variety of risky behaviors and mental health concerns. This guide is extremely user friendly in that each chapter has a summary of motivational interviewing dos and donÃ¢â ¬â„¢tsÃ¢â ¬Â¦.The authors provide strategies to incorporate motivational interviewing techniques into other therapeutic approaches including cognitive-behavioral therapy and extrinsic motivation approaches. The authors present this therapeutic approach in an easy-to-read format with tables, acronyms, and catchy phrasesÃ¢â ¬Â¦.This manual is an important addition to any therapeutic library." (School Social Work Journal 2012-09-01)

Sylvie Naar, PhD, is Associate Professor in the Department of Pediatrics and the Department of Psychiatry and Behavioral Neurosciences at Wayne State University. A pediatric psychologist, she conducts research on motivational and family therapy interventions for youth with HIV, asthma, diabetes, and obesity, and for adolescent risk reduction. Dr. Naar is a member of the Motivational Interviewing Network of Trainers (MINT) and is responsible for the MI training of medical residents at the ChildrenÃ¢â ¬â„¢s Hospital of Michigan.Mariann Suarez, PhD, ABPP, is Head of Child Psychology and Assistant Professor in the Department of Psychiatry and Behavioral Neurosciences

at the University of South Florida's Morsani College of Medicine. She is a pediatric psychologist whose research focuses on the use of motivational interviewing in the areas of substance misuse, child abuse and parenting, and the training of medical students and community practitioners. Dr. Suarez is a Diplomate in Cognitive and Behavioral Psychology of the American Board of Professional Psychology, a Fellow of the American Academy of Cognitive and Behavioral Psychology, and a member of the Motivational Interviewing Network of Trainers.

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.

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.

Im a Mental Health professional who wanted to learn more about MI and young adults, this is a great book. It reads more like a textbook but the material is good

I think it is the best reference on this specific area. Unfortunatelly, 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.

Excellent information

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.

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.

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