



Handbook of Motivation and Change: A Practical Guide for Clinicians

Petros Levounis, Bachaar Arnaout

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Handbook of Motivation and Change: A Practical Guide for Clinicians is a busy clinician's guide to motivational interviewing. With a special focus on substance use disorders and addiction, this unique handbook equips readers with a full understanding of the Motivational Interviewing approach and an understanding that readers can flexibly apply to address patients' issues of motivation and change even beyond substance use. The handbook is written by more than 20 practitioners of different psychotherapies who employ motivational work. This volume features a collection of case studies punctuated by movie references that illustrate discussed concepts, practical suggestions for treatment and trainee supervision, and summary key points and multiple-choice questions for readers. Authors focus on interventions ranging from psychopharmacology to support groups, zero in on the unique challenges of treating patients at various stages of their lives, examine how motivational work can change a culture, and discuss the evidence base of this effective and compelling therapy. The practical reach of this handbook will appeal not only to the general psychiatrist but to family practitioners, internists, pediatricians, medical students, and allied professionals. More than a how-to, this book provides clinicians with expert insight and information that will help them meet their patients in the midst of the very real challenges of motivation and lasting change.

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