



Handbook of Motivation and Change: A Practical Guide for Clinicians

By 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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Editorial Review

Review

What a fun book! Levounis and Arnaout have assembled a wonderful collection of authors who present tons of evidence-based clinical science and even more clinical wisdom in an entertaining and engaging way. Reading the introduction and the first chapter makes you want to read more. Most physicians are contemplative or precontemplative about how they can motivate their patients to change unhealthy behaviors this Handbook of Motivation and Change will prepare clinicians to get into action applying these approaches to the benefit of people under their care. --Mike Miller, M.D., F.A.S.A.M., F.A.P.A., Director, American Board of Addiction Medicine and Immediate Past President, American Society of Addiction Medicine; Associate Clinical Professor, University of Wisconsin School of Medicine and Public Health

Read this book and your clinical practice is certainly going to change whether you treat addiction, depression, or any other psychiatric illness that requires motivation to change behavior. Motivational Interviewing is a wonderful technique, and it is even more fascinating when taught the way it is in this handbook. Superb structure, organization, and creativity, seem to have magically come together in this little volume making it an essential part of a clinician's library and a sheer delight to read. --Analice Gigliotti, M.D., President, Brazilian Association on Studies of Alcohol and Other Drugs

Levounis and Arnaout's Handbook of Motivational Interviewing is destined to become an indispensable guide in the navigational toolbox of all practitioners working with substance-abusing patients. The clinical examples in each chapter are frequently engaging and central to the Handbook's teaching narrative. Clearly and accessibly written, clinically illuminating and useful, both seasoned and beginning therapists will find much of value in this volume. --Jack Drescher, M.D., Clinical Associate Professor of Psychiatry, New York Medical College

From the Inside Flap

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About the Author

Petros Levounis, M.D., M.A., is Associate Clinical Professor of Psychiatry at Columbia University College of Physicians and Surgeons, Director of the Addiction Institute of New York, and Chief of the Division of Addiction Psychiatry at The St. Luke's and Roosevelt Hospitals in New York, New York. **Bachaar**

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