



Motivational Dialogue: Preparing Addiction Professionals for Motivational Interviewing Practice

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Motivational Dialogue explores the application of motivational interviewing in various contexts, with a view to enhancing understanding and improving practice.

The book describes the research and practice of motivational interviewing as a stand alone intervention, as an adjunct to further treatment, and as a style of delivery of social and behavioural interventions. The contributors draw on their expertise and experience as researchers, teachers and practitioners to encourage the reader to appreciate the broad applicability of motivational dialogue. The book is divided into five sections, which cover:

- reflections and a model
- the evidence base
- learning and practice
- four studies of motivational therapy in practice
- motivational dialogue and stepped care.

Motivational Dialogue will be of great interest to psychiatrists, clinical psychologists and anyone in the social and health care professions who is involved in assisting people to challenge addictive behaviours.



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Editorial Review

About the Author

Gillian Tober is Honorary Consultant in Addiction Psychology and Head of Training at the Leeds Addiction Unit and Associate Lecturer at the University of Leeds. She is President of the Society for the Study of Addiction.

Duncan Raistrick is Associate Medical Director of the Leeds Addiction Unit.

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