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An interdisciplinary approach reflects the

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authors' extensive experience in the fields of counseling, psychology, social work, and health and human services. Guidance in evidence-based interviewing skills and evidence-based intervention change strategies prepare readers to work with clients representing diverse backgrounds and challenges.

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We also work to provide pragmatic aids to assist you: We include interviewing and change strategies that have undergone empirical examination, we provide behavioral descriptions of what the strategies entail, we provide updates on literature relevant to current interventions, and we describe

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concrete tools
designed to prepare
you to meet today's
evidence requirements
(see Chapters 11-18).

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...

Change talk, like several Motivational Interviewing (MI) strategies, can be used to address discrepancies between clients' words and actions (e.g., saying that they want to become abstinent, but continuing to use) in a

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manner that is nonconfrontational. One way of doing this is shown later in this table under the Columbo approach.

Motivational Interviewing Strategies and Techniques

The best techniques for handling a behavioral interview include preparing for the interview questions you may be asked,

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discovering as much as you can about the company and the job, so you have an idea of what skills the employer is seeking, and being ready to include specific points in the responses you give to the interviewer.

Behavioral Interviewing Techniques and Strategies

This respected text skillfully combines

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evidence-based
interviewing skills and
cognitive-behavioral
intervention change
strategies applicable to
a wide range of client
ages, cultural
backgrounds, and
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Strategies for Working
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Motivational

Interviewing. 11

Cognitive Change

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Cognitive Approaches

to Stress Management:

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13.

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foundations with a
practical skills
emphasis on real-life
factors in
contemporary settings
with diverse clientele.

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In care management, motivational interviewing is a collaborative approach, between the care

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manager and the patient, that's focused on strengthening the patient's motivation to adhere to the care plan and change behaviors that interfere with better health.

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