

# Motivational Interviewing

**A Guide for Medical Trainees**

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## Motivational Interviewing: A Guide for Medical Trainees



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This may be the single most significant book you ever buy throughout your medical training. It explores how MI enhances contact with individuals from every level of training, following an accessible, succinct approach. MI is readily integrated into regular ward rounds and workplace visits and provides a highly effective and efficient approach to patients scientific encounters. This book addresses the application of MI technique and abilities into practice and also includes numerous scientific scenarios, personal reflections and on the web animated clinical vignettes (video clips) that share the difficulties and successes the authors possess focused. Furthermore this reserve is endorsed by the pioneers of MI: William R. There is an explosion of research projects using MI or adaptations of MI in the behavioral health medicine field in the past decade. Hospitalizations can't make people switch. How marvelous could it be that an evidence-based health behavior change approach (MI) might help people change the outcomes of their illnesses and the span of their lives. This therapeutic approach is not a kind of psychotherapy and isn't the stuff of cobwebs and old leather couches. It is no exaggeration to say that motivational interviewing (MI) has transformed the way doctors engage with patients, families, and colleagues alike. Written by professionals in the field and medical trainees throughout medicine, this is the first MI guide of its kind. Rotations come and go, examinations come and move, but no matter specialty, patient-care will end up being at the heart of your practice. MI has become the powerful tools open to promote behavior modification in patients. In an age of chronic diseases (diabetes, hypertension, heart disease, obesity), behavior transformation is no longer limited by substance use or the field of psychiatry - maladaptive options and behaviors that negatively effect wellness outcomes are rampant. Miller & Stephen Rollnick.



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Succinct guide to a concise and therapeutic tool that needs to be in any clinician's toolbox As a psychiatry trainee, of course I was going to find this publication useful and illuminating. It is easily digestible and full of nuggets of wisdom.. You will of course have to practice using the skills you can study from this publication to get proficient at them also to help your individuals, but if you're setting sail on Osler's sea, this is actually the book you are going to want to have read. This is a therapeutic approach that is going to help anyone fighting a condition that involves a substantial behavioral component make changes in their lives. If you are a internist with sufferers who have a problem with making the lifestyle changes they have to for his or her heart disease, or an EM doc who sees the same individuals over and over who struggle with substance make use of, or a surgeon operating on a diabetic patient for the fifth time because they simply cannot obtain glucose under control, this publication will arm you. In case you are tired of lecturing and hectoring and shaming and prodding and it under no circumstances appears to work - this is an approach that will work, and can work considerably faster than it seems like it has any right to. In case you are a trainee in mental health. This reserve distills the essence of MI and can be written by true medical trainees with real stories..just go ahead and buy. Continue, order it. Excellent introduction to MI I have stumbled upon a few different assets on Motivational Interviewing within my medical training, and this one stands out that beats all others. It was great to see MI in action after having browse this book as helpful information. From theory to apply This is essential reading for medical students, residents, or really anyone in the health care field. Motivational Interviewing generally includes a strong evidence base and has effectively been adapted to brief interventions useful for anyone in virtually any field of medicine. As a medical college student I began bright and ready to change the world, but was soon discouraged by cynicism that is rampant among health care providers and by a sense of disconnect between individuals who continuing self-destructive behaviors. Motivational interviewing provides a framework of brain that is able to reignite compassion and wish while still dealing with the realities of the health care system. Regardless of who you are or just how much time you have, MI can work for you.. Although I believe this book will be specifically useful for psychologists and psychiatrists at any stage of their profession, I truly believe anyone who has any involvement in individual care would truly benefit from scanning this (as would their individuals! If you want to learn how exactly to truly help individuals make changes within their lives, this reserve is for you! I found this facet of the publication particularly helpful as it techniques beyond the theoretical framework to supply useful examples of This book has been absolutely transformative to my clinical training and practice. It is more than nearly clinical interviewing, but it is concentrated on how to understand human being behavior in a collaborative and therapeutic way. This book offers you the basic tenets of motivational interviewing, and includes realistic types of practitioner-individual interactions using the MI strategy. I found this facet of the book especially helpful as it moves beyond the theoretical framework to provide useful good examples of how to practice MI (a lot of which I incorporated into my very own practice)! I can honestly say that this book would be helpful for those training in any specialty or scientific discipline, as it obviously and succinctly provides an introduction to a method of interviewing that is shown through repeated research to be particularly effective in short interventions in virtually any field. Rather than just learning about MI, it demonstrates how to perform MI. it really is rewarding realizing that just a few differently worded questions and conversations can have such a robust impact in the way I am in a position to connect to, and motivate patients, to change their behaviors in ways they never thought feasible. Buying this reserve will be one of the best decisions that you make! Furthermore to introducing the

fundamentals, it also has sections devoted to the more advanced and sensitive conversations in patient treatment, such as for example motivational interviewing in demanding encounters, which I found really helpful. This book is many steps most importantly of my previous purchases, and is actually a phenomenal instruction to anyone in the psychology or various other patient oriented areas looking for an intro, or an expansion, of motivational interviewing skills. Despite just having a limited intro to motivational interviewing before scanning this text, I came across this reserve to be readable and accessible. It does not take a long time before you begin to understand how transformative motivational interviewing can be in your work with patients, which publication has had a primary impact on just how I approach my therapeutic work. Particularly, I've developed a stronger understanding of how to meet individuals where they are in within their readiness for switch, and how to work together to build on a person's motivation. This publication would provide readers from a variety of domains with brand-new skills to incorporate into their use individuals, and I cannot suggest this book enough. This book offers clear and foundational guidance for developing the abilities to utilize motivational interviewing across disciplines and settings. A fresh gold standard As a psychiatry resident-in-training, I came across this book incredibly helpful towards strengthening my MI skills, and FAR more helpful than the Miller & Rollnick book that i found quite onerous. Humanism doing his thing! Douaihy provides a clear, concise summary of the spirit of MI, along with numerous tangible ideas and illustrations on what to say -- which can be the most nervewracking issue for a first-period therapist, as learning MI is like learning a fresh language. The publication is well-organized, reads quickly, and the chapters on tailoring MI for specific patient populations were especially insightful given that they provide guidance on how to approach several scientific scenarios which can be especially challenging. Recommend for anyone in any level of medical teaching. Dr. For those looking for a concise introduction to the practice of MI, this is a fantastic guide to have on hand. Douaihy private within my psychiatry clerkship. It is a little matter, this book, but it can be incredibly powerful if you are willing to put in the work. I highly recommend this reserve to anyone operating as a doctor. A must read for just about any medical trainee who believes that provider-patient interactions should be grounded in humanism and empathy. Important book for anyone working in healthcare I read this book during my medical school psychiatry clerkship on an inpatient dual medical diagnosis unit for patients fighting mental illness/material use disorder combos. While this book was helpful during my psych rotation, I am certain I will return to its teachings countless occasions throughout my medical schooling. Don't let the published amount of 280 pages fool you; It had been remarkable to see how MI could help to elicit significant adjustments in sufferers' attitudes toward recovery in a short ~2-5 day medical center stay. It really shaped the way I interacted with sufferers with substance use disorders and more broadly, any of my patients who would reap the benefits of behavior modification.. This publication is well-organized and easy to read. I will undoubtedly be referring back again to this book to support my clinical work during graduate college and beyond. Dr.. The book does an excellent work of outlining the primary themes/steps involved with motivational interviewing, and also giving examples of sample conversations that demonstrate how exactly to apply the guidelines in a patient/company setting. I found this book to be readable and accessible As a psychology trainee, I've purchased many books to supplement my schooling. This is a superb source for anybody hoping to learn how to bring even more empathy and compassion to the healthcare system.). There is even more clinical utility and useful wisdom in these webpages than probably any various other book on your shelf. I had the pleasure of working with Dr. This book presents the materials in a very clear and concise method while still

including an adequate number of good examples that demonstrate what MI would appear to be in practice.g. Perfect guidebook to redefining the scientific interview I had the honor of schooling with Dr. General, I've noticed that the concepts behind this reserve have really made an enormous difference in how I am able to communicate with patients; This text provides very clear and easy-to-follow strategies for incorporating MI into your interactions with individuals, and has plenty of example conversations laid out to demonstrate them. Douaihy simply because a psychiatry resident and this book laid the foundation for all that he taught me relating to motivational interviewing. Excellent resource for learning motivational interviewing for just about any medical trainee Dr. Importantly, I came across the MI spirit to be especially good for my practice—since it helped me truly try to understand my patients and the levels of transformation in a manner that promoted the switch and met sufferers where they were. At the same time, I believe this reading would definitely have worth for both newer trainees because they learn the fundamentals of scientific encounters and more complex professionals, who wish to refresh their strategy. Using the principles detailed right here, I saw the effectiveness of MI played out in real life every day. Douaihy presents a very clear, succinct, and insightful tome that delves in to the spirit and skills needed to effectively implement motivational interviewing. As a medical student working on an inpatient dual medical diagnosis flooring, I used the techniques presented in this publication just about any day. Douaihy can be an easily accessible read that motivates (excuse the pun) trainees to utilize the technique in therapeutic settings more frequently. I no more dread coping with “the problem individual;” in fact, I anticipate getting know these sufferers as people with complex backgrounds and personal struggles. very helpful in a variety of different patient settings! I read this publication as an intro to my 1st psychiatry experience and it has been extremely applicable in a variety of different patient situations since then. Douaihy gives many example conversations that help the trainee understand abstract ideas in more concrete conditions. I also discovered the example phases and questions that he provides (e. the first few chapters present you with all of the tools you should get started, enabling you to return to later chapters if you are ready to learn more advanced abilities., “What have you any idea on the subject of...” or “What perform you feel when you imagine about...” ) to be extremely helpful, and utilize them frequently in conversations with patients. The book also has several chapters dedicated to various populations like kids and families, and makes sure to broaden its scope to circumstances that any health care provider handles, like diabetes and hypertension. Reading this book at the moment in my training (medical psych PhD applicant) was incredibly useful, as I was able to reflect on my . Highly recommend;. You will not become sorry with this purchase! Reading this book at this time in my training (scientific psych PhD applicant) was incredibly useful, as I was able to reflect on my own clinical experiences so far, noting areas for development in order to more closely abide by the spirit of MI. Instead of directing and shaming patients in the expectations of improving their adherence, this book highlights the value of collaboration and respect for our individuals' autonomy and the ways that approaching a issue from their perspective and creating a treatment plan predicated on their goals and motivations will inevitably result in less frustration and greater success. Very helpful book! Douaihy is an easy to get at go through that motivates (excuse the pun) trainees to . I can say with some self-confidence, however, that this book is going to be useful even for those who are training in other specialties or scientific disciplines, because it provides an introduction to MI concepts and methods from practitioners who understand them backwards and forwards. It is extremely well written with illustrations of how to evoke transformation talk in individuals, which is the goal of the spirit of motivational interviewing and a key in helping

patients to change. The motivational interviewing guide by Dr. Open ended queries, affirmations, reflections, and overview statements (or "OARS") truly changed just how I interacted with individuals. The examples offered, including sample phrases, give trainees practical manuals that are great starters as we figure out how to slowly structure more advanced and complex reflections. Once trainees consider some of the simple suggestions laid out in the publication and begin practicing, the utility of the skill, as obvious in patient improvement, is so effective that it fuels and self-perpetuates the trainee's desire to keep to utilize the technique as a lifelong, effective device when facing patients with ambivalence regarding switch.



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