

this chapter he uses examples from his clinical work to provide the reader with practical ways to apply this information.

This book is clearly written and well organized. I particularly enjoyed the historical and philosophical discussions throughout the book. As one who provides support for young people with developmental disabilities, I readily identified with the majority of the special considerations and adaptations for making therapy more accessible. The content of the book echoes my experiences, and served to renew my conviction in continuing to provide counselling to this often under-served population. I would recommend this book to anyone presently supporting or intending to support individuals with developmental disabilities.

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Miller, William R. and Rollnick, Stephen. (2002) *Motivational Interviewing: Preparing People for Change*. (2nd ed.) The Guilford Press: Guilford Publications. ISBN 1-57230-563-0 (hardcover)

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*Motivational Interviewing: Preparing people for change* introduces an empirically based method for dealing with resistance in helping clients make changes in their lives. Originally designed for the treatment of addictions, Motivational Interviewing (MI) has demonstrated efficacy in a wide range of novel applications. Miller and Rollnick take an experiential approach to conveying MI's principles, inviting readers to pay attention to what they learn from their own experience of counsellor-client relationships. In addition to introducing the application of MI, the book also conveys ideas on training others to use the approach. Drawing on their exhaustive experience, the authors convey theory and strategies with plenty of illustrations based on analogies and case studies.

Logically organized into four sections, *Motivational Interviewing* establishes the context of change in Part I. Ambivalence or the concept of resistance to change is richly developed in this section, in addition to the illustration of critical components required for any lasting change. As well, a discussion of possible avenues for resolving the dilemma of change centres around the strategy of effective change talk.

Part II is the heart of the book and contains a discussion of MI in practice. The two-phase process of MI involves building motivation for change and then strengthening commitment to change. Phase one is a simple step-by-step strategy for building motivation for change through responding to change talk and responding to resistance. Phase two outlines the process of strengthening commitment to change through the development of a change plan. A very colorful case study illustrates both phases of motivational interviewing. Part II concludes with a succinct demonstration of ethical considerations.

Part III is devoted to the teaching of motivational interviewing. In this section, the authors break the learning process down into facilitation and reflection. The authors posit facilitation as the process of using an individual's own experience and

connecting that experience to the concepts of MI. Reflection is a self-analysis of MI in practice. The authors' reflections on their own development of motivational interviewing sheds light on their approach to teaching practitioners this unique brand of psychotherapy.

A pleasant spin awaits the reader in the final section of the book as 35 contributing authors address the many and varied applications of motivational interviewing. I found the connection between the Stages of Change model and Motivational Interviewing enlightening. I found the author's arguments about the role of values and treatment adherence particularly valuable. Unfortunately, the chapter on efficacy was not as rich with illustrative examples as the rest of the book. Couples, group, dual disorders, criminal populations, medical and public health are woven exceptionally well into Part IV.

Miller and Rollnick have produced a fine book appealing to counsellors and educators of all levels of experience. The authors seamlessly address theoretical, empirical, and application issues of motivational interviewing to various populations, while attending to the issues of clients and counsellors alike. *Motivational Interviewing* is a useful how-to guide for preparing people for meaningful and lasting change.