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Handbook of Motivational Counseling: Goal-Based Approaches to Assessment and Intervention with Addiction and Other Problems

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Revised and updated to reflect the most recent developments in the field, the second edition of the *Handbook of Motivational Counseling* presents comprehensive coverage of the development and identification of motivational problems and the most effective treatment techniques.

- Equips clinicians with specific instructions for enhancing clients' motivation for change by targeting their maladaptive motivational patterns
- Provides step-by-step instructions in the administration, scoring, and interpretation of the motivational assessments, along with details of how to implement the counseling procedures
- Updated to reflect the most current research and effective treatment techniques, along with all-new chapters on motive-based approaches, motivational counseling with the dually diagnosed, cognitive and motivational retraining, meaning-centered counseling, and motivation in sport
- Showcases various basic motivational techniques and their adaptations, such as bibliotherapy, individual therapy, and group counseling, while demonstrating specialized uses of the techniques, such as in work settings and rehabilitation medicine

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