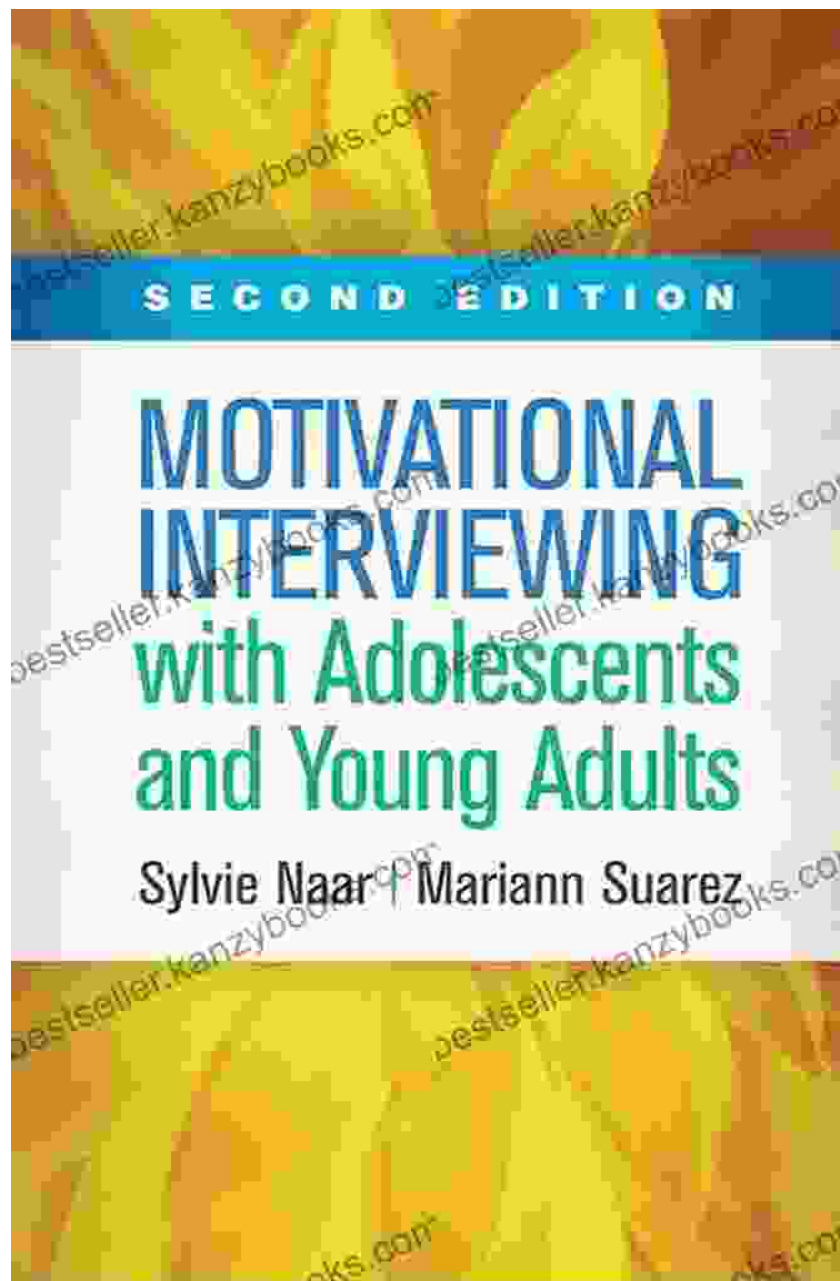
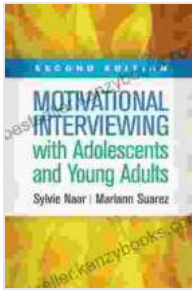


Empowering Youth Through Motivational Interviewing: A Guide for Adolescents and Young Adults (2nd Edition)



Unlocking the Potential of Adolescents and Young Adults Through Motivational Interviewing



Motivational Interviewing with Adolescents and Young Adults, Second Edition (Applications of Motivational Interviewing) by Colleen Craig

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1901 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 239 pages



Adolescence and young adulthood are transformative periods characterized by significant physical, cognitive, and emotional changes. This dynamic stage often brings about challenges and opportunities that can shape the trajectory of individuals' lives. Motivational interviewing (MI) has emerged as a powerful approach to supporting and guiding adolescents and young adults through these critical years.

The second edition of *Motivational Interviewing With Adolescents And Young Adults* provides a comprehensive guide to applying MI principles in work with this unique population. Written by renowned experts in MI and youth development, this book offers a wealth of knowledge and practical strategies.

Key Features of the Second Edition

- **Evidence-Based Approach:** Backed by scientific research, this book presents a proven framework for effective MI with adolescents and young adults.

- **Comprehensive Coverage:** Explores a wide range of topics, including adolescent development, substance use, mental health, and academic motivation.
- **Practical Tools and Case Studies:** Provides step-by-step guidance, dialogue examples, and case studies that illustrate MI techniques in real-world settings.
- **Updated Research and Innovations:** Incorporates the latest research and innovative approaches in MI, ensuring readers are up-to-date with current best practices.

Benefits of Motivational Interviewing for Adolescents and Young Adults

MI empowers adolescents and young adults to make positive changes in their lives by:

- **Enhancing self-awareness and self-efficacy**
- **Improving communication and decision-making skills**
- **Reducing resistance to change**
- **Fostering collaboration and motivational partnership**

Chapter Overview

The book is organized into five comprehensive sections:

1. **Foundations of Motivational Interviewing:** Introduces the principles, skills, and ethical considerations of MI.
2. **Working With Adolescents and Young Adults:** Explores the developmental characteristics and common challenges faced by this population.

3. **Application of Motivational Interviewing: Provides specific strategies for addressing substance use, mental health, and academic issues.**
4. **Special Considerations: Discusses working with diverse populations, parents, and families.**
5. **Research and Practice: Reviews the current state of research on MI with adolescents and young adults, and explores innovative approaches.**

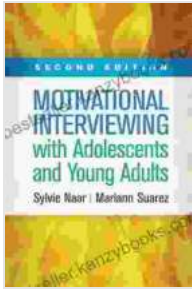
Target Audience

***Motivational Interviewing With Adolescents And Young Adults Second Edition* is an essential resource for:**

- **Counselors, therapists, and social workers working with adolescents and young adults**
- **School counselors and educators**
- **Youth development professionals**
- **Researchers in the field of youth development**
- **Parents and caregivers**

***Motivational Interviewing With Adolescents And Young Adults Second Edition* is an invaluable resource that empowers professionals and individuals to effectively support adolescents and young adults in reaching their full potential. Through the proven principles of MI, this book provides a roadmap for fostering meaningful change and positive outcomes in the lives of our future leaders.**

Motivational Interviewing with Adolescents and Young Adults, Second Edition (Applications of Motivational



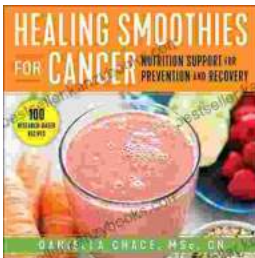
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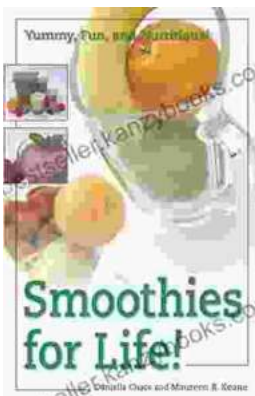
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