

STAGES OF CHANGE & MOTIVATIONAL INTERVIEWING



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BOOKS

The Change toolbox : techniques to help cultivate lasting personal change

Access Key: auvt

Call Number: BF 637/.B4/R6/2007

This toolbox can be used for any behaviour that is causing a person difficulty in their life. In addition to substance use and gambling, the material can encompass self-defeating behaviours in relationships, self-management, and any number of other areas. Rather than thoughts or feelings, this material is intended to help with behaviour patterns. Often these behaviours cause emotional, physical, or financial difficulty not just for the person, but also for the important people in their lives.

Changing for good

Author: Prochaska, James O.

Year: c1994

Call number: BF 637/.B4/P65/1994

Choosing to change : a client-centred approach to alcohol and medication use by older adults

Corp. Author: Centre for Addiction and Mental Health

Year: 1998

Call number: HV 5824/.A33/C46/1998

The Heart and soul of change : what works in therapy

Author: Hubble, Mark A.

Year: 1999

Call number: RC 480.52/.H43/1999

HELPING PEOPLE CHANGE : THE USE OF MOTIVATIONAL INTERVIEWING WITH PARENTS AND CHILDREN [CD]

Access Key: auba

Call Number: STAFF/CD/HV 5824/.Y68/H45/2006

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Motivational interviewing : preparing people for change

Author: Miller, William
Year: 2002
Call number: RC 533/.M56/2002

**Motivating substance abusers to enter treatment : working with family members /
Jane Ellen Smith, Robert J. Meyers.**

Access Key: atzj
Call Number: RC 564/.S566/2004

The chair of Harvard Medical School's Division on Addictions Women's Initiative offers a new step-by-step program that helps you learn how women differ from men in addiction, identify life patterns related to addiction, explore growth exercises to heal from addiction, understand co-occurring disorders, control impulses, seek support and take charge of your life.

**Substance abuse treatment and the stages of change : selecting and planning
interventions**

Author: Connors, Gerard J.
Year: c2001
Call number: RJ 506/.D78/C66/2001

Working with women's groups

Author: Eberhardt, Louise Yolton
Year: 1994
Call number: HM 134/.K28/1994/V.1

Working with women's groups

Author: Eberhardt, Louise Yolton
Year: 1994
Call number: HM 134/.K28/1994/V.2

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VIDEOS**

Healing the addicted brain : stages of recovery [videorecording]

Year: 1999
Call number: VTR/RC 564/.H3/S3/1999/v.2

When a brain holds deeply imbedded memories and habits – when it is Trained for years to depend on drugs – it's not likely we can recover without help from others. Emotional stories reveal the challenge of each stage: wanting to stop, deciding to stop, and overcoming the barriers to asking for help and accepting help. Restoring the brain's natural chemistry requires effort over time – building a new way of life. This is volume 2 of a 3 part series that also includes a workbook and leader's guide with handouts and 6 overheads.

Inside the addictive personality [videorecording]

Year: 1993
Call number: VTR/RC 564/.I57/1993

Featuring Craig Nakken, this video demonstrates the development of addiction, defines the concept of addiction, leads viewers through the stages of change caused by addiction and describes how clients can rebuild their lives in recovery.

Motivation and change 1 [videorecording]

Year: 1990
Call number: VTR/BF 637/.B4/M6/1990/v.1
Cassette 1 consists of 2 parts, 39 minutes

Many professionals have great difficulty dealing with the resistance of their substance-abusing clients. This program will help the viewer gain an understanding of motivation, resistance and change.

Part 1: The Theory of Motivation:

Explains motivation as an interact ional process, which is influenced by the characteristics of the client and the therapist as well as by environmental factors.

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Part 2: The Process of Change:

Covers the stages people go through as they change and the primary therapeutic strategies that help them move from one stage to another.

MOTIVATIONAL INTERVIEWING : PROFESSIONAL TRAINING [DVD]

Access Key: aupi
Call Number: SDVD/RC 533/.M56/1998

STAFF ONLY

Provide an introduction to motivational interviewing. They are intended as a professional training resource. The tapes were not designed to be used as a stand-alone form of training, but form only one part of a thorough presentation of the approach and skills involved in motivational interviewing. Because it is often helpful to see a method demonstrated in various contexts, the tapes show a variety of therapists and counsellors practicing the component skills of motivational interviewing.

Motivational interviewing for addictions with William R. Miller [Videorecording]

Access Key: auac
Call Number: VTR/RC 533/.M68/2002
Audience: Adult

Motivational interviewing helps people resolve their ambivalence about changing addictive behaviours. The therapist creates an atmosphere that is conducive to change by expressing empathy, helping clients explore the gaps between their current behaviours and the lives they would like to lead, avoiding argument, rolling with resistance, and using encouragement. In this tape, Dr. Miller works with a client who is considering the possibility of making changes in two areas : alcohol use and smoking.

Motivational interviewing : tape A : introduction to motivational interviewing [videorecording]

Call number: VTR/RC 533/.M56/1998/v.1
Adult 41 minutes

The introductory tape is a conversational interview with Bill Miller and Steve Rollnick, conducted in the summer of 1997 by Theresa Moyers. They review the background and current directions of motivational interviewing, explore its

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essential theoretical and conceptual underpinnings, and discuss its five basic principles. This is by no means a comprehensive introduction to motivational interviewing. Rather, it sets the context for the demonstration tapes that follow.

Motivational interviewing : tape B : phase I, part 1 : opening strategies : part 1 & 2 [videorecording]

Call number: VTR/RC 533/.M56/1998/v.2a
Adult 39 minutes

This is the most complex of the tapes, and spans two cassettes. It is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II, illustrated on Tape 6.

Motivational interviewing : tape B : phase I, part 2 : opening strategies : part 1 & 2 [videorecording]

Call number: VTR/RC 533/.M56/1998/v.2b
Adult 51 minutes

This is the most complex of the tapes, and spans two cassettes. It is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II, illustrated on Tape 6.

Motivational interviewing : tape C : handling resistance [videorecording]

Call number: VTR/RC 533/.M56/1998/v.3
Adult 62 minutes

Motivational interviewing includes a set of strategies for handling and decreasing resistance. The information presented in this videotape is particularly useful during Phase I, although the methods are applicable throughout counselling. The phenomenon of "resistance" is discussed, and various strategies are explained and demonstrated.

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Motivational interviewing : tape D : feedback and information exchange

[videorecording]

Call number: VTR/RC 533/.M56/1998/v.4
Adult 55 minutes

One context in which motivational interviewing has been widely practiced is the “check-up” or feedback of assessment information. This specialized application involves much more talking on the part of the therapist, in that more information is being imparted to the client. The focus of this tape is how one can take this more active, information-giving role and still be consistent with the spirit of motivational interviewing?

Motivational interviewing : tape E : motivational interviewing in the medical setting

[videorecording]

Call number: VTR/RC 533/.M56/1998/v.5
Adult 47 minutes

A rapidly growing application of motivational interviewing is in general health-care settings. Here it is often necessary to compress the process of counselling into a shorter period of time. This tape explores how the spirit of motivational interviewing can be applied in a busy health-care setting.

Motivational interviewing : tape F : phase 2 : moving toward action

[videorecording]

Call number: VTR/RC 533/.M56/1998/v.6
Adult 37 minutes

How do you know when to move from Phase I (building motivation for change) into Phase 2 (consolidating commitment to a change plan)? What counselling methods are used in Phase 2, and how do they differ from the opening strategies of motivational interviewing? That is the focus of the final tape in this series.

Motivational interviewing for addictions [videorecording]

Updated
September 2007

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Call number: VTR/RC 533/.M68/2002
Adult

Motivational interviewing helps people resolve their ambivalence about changing addictive behaviours. The therapist creates an atmosphere that is conducive to change by expressing empathy, helping clients explore the gaps between their current behaviours and the lives they would like to lead, avoiding argument, rolling with resistance, and using encouragement. In this tape, Dr. Miller works with a client who is considering the possibility of making changes in two areas : alcohol use and smoking.

Stages of change for addictions with John C. Norcross [Videorecording]

Access Key: auux

Call Number: VTR/RC 564/.S8/2007

Years of research by Dr. Norcross and his colleagues have helped to identify the stages people go through in addressing and dealing with addictions. In therapy based on this model, strategies and relationship stances are matched to the individual client's stage. In this tape, Dr. Norcross works with a client who is in early recovery from cocaine addiction and contemplating changing his use of alcohol.

JOURNAL ARTICLES – On-site Use Only

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A Controlled trial of an expert system and self-help manual intervention based on the stages of change versus standard self-help materials in smoking cessation., ADDICTION, 2003, 98 (3) : 345

Depression and stages of change for smoking in psychiatric outpatients. ADDICT. BEHAV., 2001, 26 (5) : 621-632

DiClemente, CC & Hughes, SO, ***Stages of change profiles in outpatient alcoholism treatment***

Effects of two types of brief interventions and readiness to change on alcohol use in hazardous drinkers, J. STUD. ALC., 2001, 62 (5) : 604-614

Herzog, TA [et al.], ***Do processes of change predict smoking stage movements? : A prospective analysis of the transtheoretical model, HEALTH PSYCHOLOGY, 1999, 18 (4) : 369-375.***

Marcus, BH & Simkin LR, ***The Stages of exercise behavior.***

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Motivational intervention as applied to systems change : the case of dual diagnosis, SUBST. USE MISUSE, 2002, 37 (14) : 1833

Motivational structure : relationships with substance use and processes of change. ADDICT. BEHAV., 2002, 27 (6) : 925

Negative emotional expectancies and readiness to change among college student binge drinkers. ADDICT. BEHAV., 2001, 26 (5) : 721

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Readiness to change drinking among heavy-drinking college students. J. STUD. ALC., 2000, 61 (5) : 674-680

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