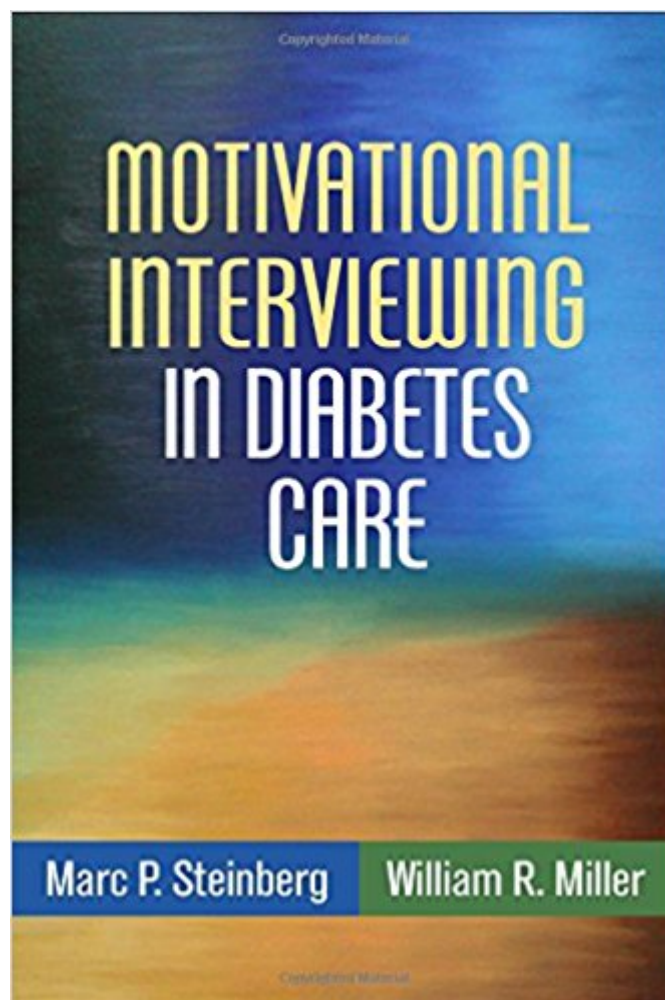




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Motivational Interviewing In Diabetes Care (Applications Of Motivational Interviewing (Paperback))



Synopsis

People with diabetes often struggle to make healthy choices and stay on top of managing their illness. Filling a vital need, this is the first book to focus on the use of motivational interviewing (MI) in diabetes care. The uniquely qualified authors--physician Marc P. Steinberg has devoted much of his career to diabetes care, and renowned clinical psychologist William R. Miller is the co-developer of MI--present proven counseling techniques that can make any conversation with a patient more efficacious and motivating. Numerous sample dialogues illustrate specific ways to elicit patients' strengths and help them overcome barriers to change in such areas as eating habits, physical activity, medication use, insulin treatment, substance abuse, psychological issues, and more. This book is in the Applications of Motivational Interviewing series.

Book Information

Series: Applications of Motivational Interviewing (Paperback)

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Customer Reviews

Having already studied and been working on developing my own MI skills, I found this book to be EXCELLENT in its direct focus on this one very difficult chronic disease. It is authored by a physician and is clearly directed toward other physicians and healthcare providers who work with diabetic patients. I want to especially recommend this book for all CDEs (Certified Diabetes Educators). Many educators I've encountered are very knowledgeable and polite individuals, but they are not nearly as good as they think they are at truly connecting with their clients/patients. These skills, presented so superbly in this book, can help all of us in healthcare be much more

successful in motivating diabetic patients to move in the right direction!

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