A guide to learning motivational interviewing, a set of skills that utilizes therapeutic communication to promote behavior change.

This text provides unique tools for nurses to implement and help patients take responsibility in their own health care, make informed decisions and provide guidance toward healthy behavior change, leading to improved health of our communities and country.

This unique reference contains diagrams, tables, and case studies throughout to offer a better understanding of how to utilize the skills in daily practice. Clear objectives are at the beginning of each chapter and key points to remember are included at the end of each chapter. The skills learned will help nurses to accomplish the many healthcare goals and empower their patients through communication.