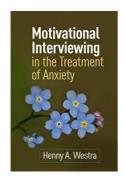
Download Book

MOTIVATIONAL INTERVIEWING IN THE TREATMENT OF ANXIETY



Guilford Publications. Hardback Book Condition: new. BRAND NEW, Motivational Interviewing in the Treatment of Anxiety, Henry A. Westra, This wise and practical book provides effective strategies for helping therapy clients with anxiety resolve ambivalence and increase their intrinsic motivation for change. The author shows how to infuse the spirit and methods of Motivational Interviewing (MI) into cognitive-behavioral therapy or any other anxiety-focused treatment. She describes specific ways to use MI as a pretreatment intervention or integrate it throughout the course

Download PDF Motivational Interviewing in the Treatment of Anxiety

- Authored by Henny A. Westra
- Released at -



Filesize: 3.86 MB

Reviews

This ebook will be worth buying. It usually fails to price an excessive amount of. You wont feel monotony at whenever you want of your respective time (that's what catalogs are for regarding in the event you check with me).

-- Ernest Vandervort

Very good e-book and valuable one. It can be writter in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).

-- Mr. Antwon Frami

This is the finest ebook i have got read through till now. It really is full of wisdom and knowledge You wont sense monotony at anytime of the time (that's what catalogs are for relating to in the event you ask me).

-- Mr. Edison Roberts IV