



## Motivational Interviewing in the Treatment of Anxiety

By Henny A. Westra

Guilford Publications. Hardback. Book Condition: new. BRAND NEW, Motivational Interviewing in the Treatment of Anxiety, Henny 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 of therapy whenever motivational impasses occur. Vivid clinical material - including a chapter-length case example of a client presenting with anxiety and depression - enhances the utility of this accessible guide.

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