

SPRING 2025

GUILFORD

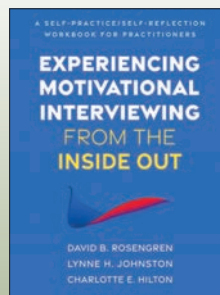
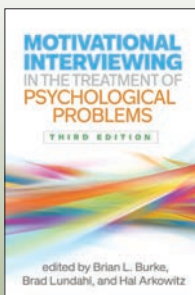
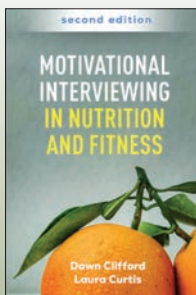
NEW IN MOTIVATIONAL INTERVIEWING

**15% Off
All Titles**
Through
6/30/2025

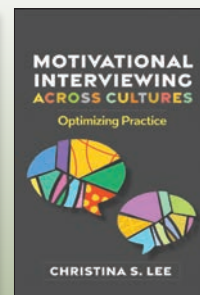
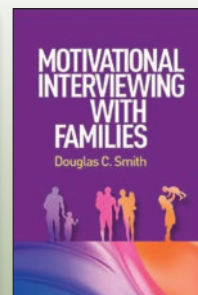
PROMOTIONAL CODE:

DMSMV5

New Editions



New



Guilford Press

370 Seventh Avenue, Suite 1200

New York, NY 10001-1020

www.guilford.com

800-365-7006

SPRING 2025

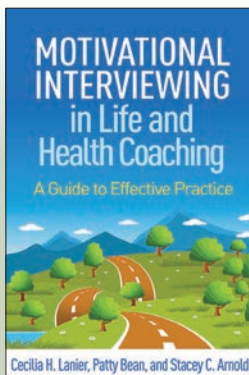
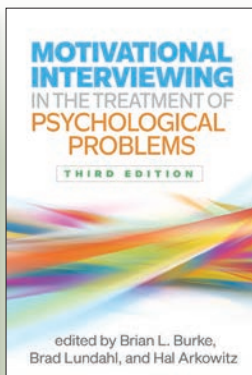
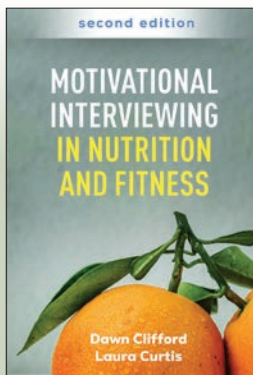
GUILFORD

NEW IN MOTIVATIONAL INTERVIEWING

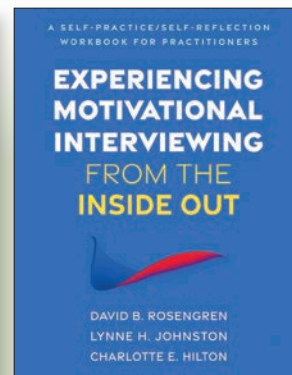
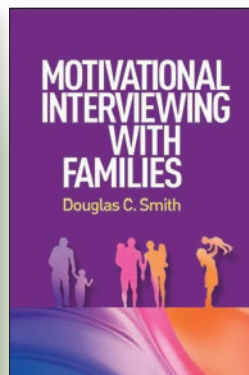
**15% Off
All Titles**

Through 6/30/2025
Promotional Code
DMSMV5

NEW EDITIONS



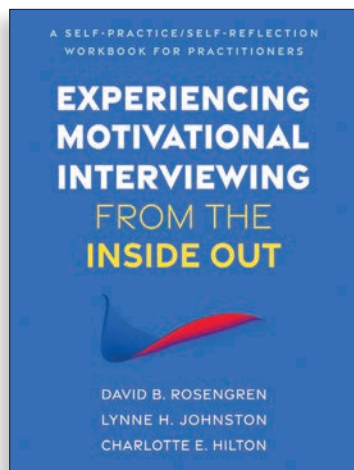
NEW




Both Print and e-Books Available

Professors: Finding the Best Text for Your Course Is Easy! (See p. 4)

15% OFF



Self-Practice/Self-Reflection Guides
for Psychotherapists Series

Large, Easy-to-Reproduce
Format + Downloadable Materials 

2025, 8" x 10½" Paperback, 376 Pages
ISBN 978-1-4625-5629-8, \$47.00

Hardcover:
ISBN 978-1-4625-5630-4, \$71.00

Companion
Website 

ABOUT THE AUTHORS

David B. Rosengren, PhD, is President and CEO of the Prevention Research Institute, a private nonprofit organization in Lexington, Kentucky.

Lynne H. Johnston, PhD, DCLinPsych, is a consultant clinical psychologist in the National Health Service and in private practice in the United Kingdom.

Charlotte E. Hilton, PhD, is a Chartered Psychologist in the United Kingdom with expertise across health, social care, and high-performance sport settings.

New

Experiencing Motivational Interviewing from the Inside Out

A Self-Practice/Self-Reflection Workbook for Practitioners

David B. Rosengren, PhD, Lynne H. Johnston, PhD, DCLinPsych,
and **Charlotte E. Hilton, PhD**

This cutting-edge experiential workbook invites practitioners to deepen their motivational interviewing (MI) skills through self-practice/self-reflection (SP/SR), a proven training method. From leading MI researchers and trainers, step-by-step modules guide readers to apply MI to a personal or professional challenge and systematically reflect on the experience. Instructions are given for working through the book independently, with peer partners, or in groups. Stories and examples of three traveling companions on the SP/SR journey bring the learning process to life. In a large-size format, the book includes a number of fill-in worksheets. The companion website offers a range of helpful resources.

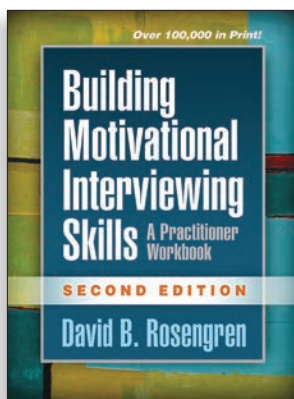
“Through innovative SP/SR methods, this transformative guide empowers readers to internalize MI skills and concepts in a profoundly personal way. The book offers a deeply immersive experience. It is an indispensable tool for both novice and seasoned practitioners in health care, coaching, and beyond.”

—Jacinta M. Jiménez, PsyD

“Beyond using smart techniques, supporting change requires true experiential connection in sessions. Rosengren and colleagues have opened up the black box of expert therapists. Through clear explanations and practical exercises, this powerful book provides an impactful roadmap for anyone looking to deepen their MI skills.”

—David Atkins, PhD

CONTENTS: I. The Journey Ahead 1. An Introduction to Experiencing MI from the Inside Out 2. The Conceptual Framework 3. MI and SP/SR 4. Guidance for Participants 5. Guidance for Facilitators 6. MI Companions for SP/SR Travel **II. MI from the Inside Out Modules 1–22:** Identifying and Formulating an Area for Growth • Four Tasks of MI • Partnership • Acceptance • Compassion • Envisioning • Creating Safety • Seeing the Big Picture • Being Understood (R) • Opening Possibility • Exploring Values • Routes of Travel • Discovering Strengths and Capacities • Pulling the Pieces Together • Beyond Tipping the Balance • Sharing Information • Evolving Focus • Reasons for Changing • Staying Where We Are • Strengthening Our Reasons • Committing (or Not) • Building My Plan



★ **Bestseller**

Building Motivational Interviewing Skills

SECOND EDITION

A Practitioner Workbook

David B. Rosengren, PhD

Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities. Readers build proficiency for moving through the four processes of MI—engaging, focusing, evoking, and planning—using open-ended questions, affirmations, reflective listening, and summaries (OARS), plus information exchange.

Applications of Motivational Interviewing Series

2018, 8" x 10½" Paperback, 513 Pages
ISBN 978-1-4625-3206-3, \$61.00



Large, Easy-to-Reproduce Format
+ Downloadable Materials



Companion
Website

100,000
In Print

15%
OFF

Want to save even more? Join the **Guilford Customer Club** for exclusive perks, including free U.S. shipping, 25% off your next order, a 20% off year-round discount, insider deals, and more! (Restrictions apply.)
www.guilford.com/club

Do you have a bulk order? Call (800) 365-7006, ext. 1 for personalized service.

**Use Promotional Code
DMSMV5 for 15% Off
Through 6/30/2025**
www.guilford.com

★ **New Edition of a Bestseller—A Major Revision!**

**40,000
In Print**

Motivational Interviewing in Nutrition and Fitness, SECOND EDITION

Dawn Clifford, PhD, RD, Northern Arizona University
Laura Curtis, MS, RD, California State University, Chico

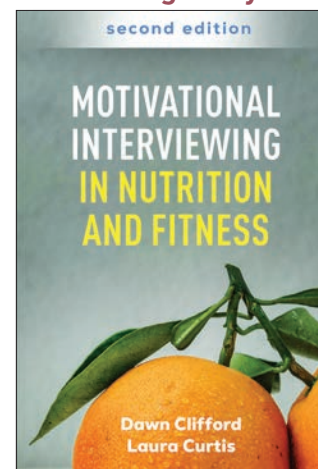
Applications
of Motivational
Interviewing Series

The go-to reference and practice guide for using motivational interviewing (MI) to enhance conversations about nutrition and fitness is **now in a thoroughly revised second edition with 70% new material**. MI offers powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Sample dialogues illustrate the dos and don'ts of counseling clients about meal planning, exercise, body image, disordered eating, and more. **Supplemental reproducible handouts can be downloaded and printed from the companion website; instructors who adopt the book for courses can access PowerPoint slides, worksheets, and exam questions.**

"This book challenges readers to reflect on their own growth while offering strategies to enhance client autonomy, confidence, and engagement for both individual and group sessions."

—Joyce Faraj-Ardura, PhD, MS, RDN, LDN

CONTENTS: Introduction **I. MI Basics** 1. The Complexities of Change 2. The Spirit of MI **II. Mastering the Skills of MI** 3. Open Questions 4. Reflective Practice 5. Affirmations **III. The Four Tasks of MI** 6. Engaging 7. Focusing 8. Evoking 9. Planning for Change 10. When Clients Aren't So Sure about Change **IV. Putting MI to Work** 11. MI in Medical Nutrition Therapy 12. MI in Nutrition Counseling 13. MI to Address Weight Concerns 14. MI in Fitness Counseling 15. MI in Health Coaching **V. Beyond the Basics** 16. Follow-Up Sessions 17. Counselor Health and Boundaries



Includes Reproducible Handouts

July 29, 2025
6" x 9" Paperback, 326 Pages
ISBN 978-1-4625-5773-8, \$42.00



Also Ideal for Course Use
Free digital course review copies:
www.guilford.com/professors



Companion
Website

New

Motivational Interviewing with Families

Douglas C. Smith, PhD, LCSW, University of Illinois Urbana-Champaign

Applications
of Motivational
Interviewing Series

This book offers the first comprehensive guide to adapting MI skills to engage families—including reluctant members—in therapy and mobilize family-level change processes. Extensive annotated sample dialogues show how MI can be integrated with any therapy approach for families struggling with mental health problems, addictions, relationship challenges, difficult life transitions, or other concerns. Special features include boxed sidebars, reflection questions, and practice exercises. The Appendix and companion website provide links to additional helpful resources for using MI with families.

"This book can be readily used in foundation and advanced practice courses for graduate students, and is well worth reading for practitioners who want to improve their clinical work with families."

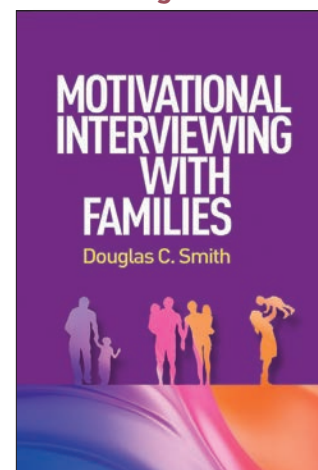
—Allen Zweben, PhD, LCSW

CONTENTS: Preface **I. The Basics** 1. Introduction 2. Overview of MI 3. The Spirit of MI 4. ROARS Skills 5. Working with Ambivalence **II. Using MI with Families** 6. Moving toward Integration of MI and Family Work 7. Advanced Issues in Using ROARS with Families 8. Change Talk among Families 9. Engaging Families with MI 10. Focusing, Evoking, and Planning in Family Work 11. Motivational Sendoffs **III. Family-Centered MI Research** 12. Families Raising and Launching Children, with Alex Lee 13. Families with Established and Older Adults **Appendix.** Select Resources for Integrating MI in Family Work



Global Certified Accessible ePub
www.guilford.com/accessibility

Coming in June



June 20, 2025
6" x 9" Paperback, 242 Pages
ISBN 978-1-4625-5761-5, \$40.00



Also Ideal for Course Use
Free digital course review copies:
www.guilford.com/professors



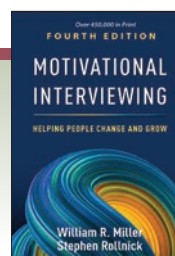
Companion
Website

Discover the Applications of Motivational Interviewing series

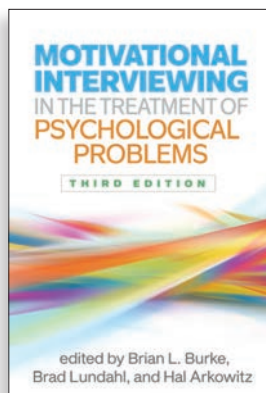
Edited by **Stephen Rollnick, William R. Miller, and Theresa B. Moyers**

Includes general MI resources as well as books on specific clinical contexts, problems, and populations. Each volume presents powerful MI strategies that are grounded in research and illustrated with concrete, "how-to-do-it" examples.

www.guilford.com/AMI



**The Groundbreaking
Clinical Guide and Text**
www.guilford.com/p/miller2



**New Edition—
A Major Revision**

Motivational Interviewing in the Treatment of Psychological Problems THIRD EDITION

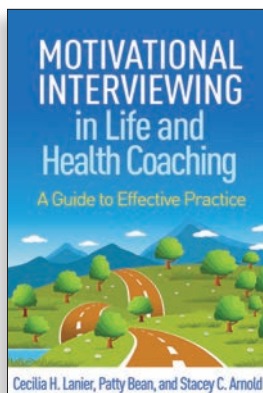
Edited by **Brian L. Burke, PhD,**
Brad Lundahl, PhD,
and **Hal Arkowitz, PhD**

"A wonderful addition for the library of
any therapist.... Chapters describe
key MI principles and review research
supporting the use of MI in treatment
of specific disorders and problematic
behaviors." —**Donna M. Sudak, MD**

2025, 6" x 9" Paperback, 330 Pages
ISBN 978-1-4625-5619-9, \$49.00



Global Certified Accessible ePub
www.guilford.com/accessibility



New

Motivational Interviewing in Life and Health Coaching

A Guide to Effective Practice

Cecilia H. Lanier, MEd, Patty Bean,
and **Stacey C. Arnold**

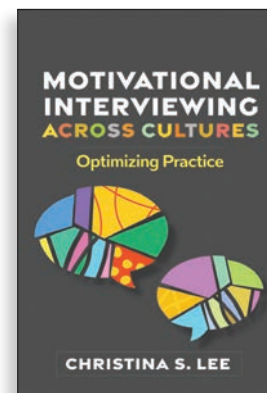
"This great book does it all—it not only
lays the theoretical foundation, but also
outlines practical tools to help readers
apply what they are learning. This is a
fantastic resource." —**Jonathan Fader, PhD**

Features Downloadable Handouts

2024, 6" x 9" Paperback, 296 Pages
ISBN 978-1-4625-5514-7, \$42.00



Global Certified Accessible ePub
www.guilford.com/accessibility



New

Motivational Interviewing across Cultures

Optimizing Practice

Christina S. Lee, PhD

"Lee writes in a pragmatic, conversational
tone, tying together foundational
humanistic writings and recent research
to optimize MI for use with diverse and
marginalized people.... Should be
required reading in health care and
counseling." —**Kamilla L. Venner, PhD**

2025, 6" x 9" Paperback, 170 Pages
ISBN 978-1-4625-5585-7, \$35.00



Global Certified Accessible ePub
www.guilford.com/accessibility

ORDERING INFORMATION

Be sure to use the promotional
code (at right) when you order
to receive 15% off.

- **Online:** www.guilford.com
- **Toll-Free:** (800) 365-7006
- **Download and print an order form**
www.guilford.com/orderform

Satisfaction Guaranteed

30-Day No-Risk/Full-Return Privilege

- You may return Guilford books
(undamaged) within 30 days of
receipt for a full refund.

The prices displayed in this brochure are
suggested retail prices for the book that we
believe to be charged by retailers, and are
valid in the U.S. and Canada. The 15% dis-
count offered in this brochure will be applied
to the suggested retail prices of a book when
you order directly from Guilford with promo-
tional code DMSMV5. Similarly, special offers
are valid in the U.S. and Canada only.

Please Recycle

15% OFF

Promotional Code
DMSMV5

Expiration Date: 6/30/2025



**Finding the Best Text
for Your Course Is Easy!**

Guilford provides **free digital professor copies**
(also known as inspection copies, evaluation
copies, examination or exam copies, desk
copies, and review copies) to college and
university instructors in the U.S. and Canada
for course adoption consideration. Go to
www.guilford.com/professors for more
information and to request professor copies.



Sign Up & Save!

Receive exclusive offers via email—plus book
news, downloadable sample chapters, free journal
articles, and more: www.guilford.com/emails



Request a Catalog

View and print more subject catalogs at
www.guilford.com/request-catalogs

**Want FREE
Shipping?
Join Now!**

GUILFORD CUSTOMER CLUB

**As a club member, you'll receive
these exclusive benefits**

- Free to Join
- Free U.S. Shipping
- 25% Off Next Order
- 20% Off Year-Round Member Discount
- Access to Members-Only Offers

Club discounts cannot be combined with
other discounts and promotions and
apply only to eligible items.



**Enrolling is Easy
as 1-2-3 at
www.guilford.com/club**

GUILFORD PRESS

370 Seventh Avenue, Suite 1200 • New York, NY 10001-1020 • Toll-Free: (800) 365-7006 • www.guilford.com