

Values Card Sort Activity Motivational Interviewing

This book is about SOARing to Success: a pedagogy that engages individuals in a structured and supported process of personalised learning, leading to the development of transferable career management and employability skills. The SOAR model (as it has come to be known and used) provides tried and tested ways for educators to implement Personal Development Planning (PDP), Career Development Learning (CDL) and employability agendas. The theoretical concepts and practical activities that are interpreted and integrated within SOAR require all learners to make meaningful dynamic connections within and between Self, Opportunity, Aspirations and Results, through inbuilt requirements for self-reflection, action and interaction, research, analysis and synthesis. Especially relevant for regeneration in the post-pandemic world, this fully updated edition emphasises and addresses the needs to: focus more broadly on multidimensional employability, enterprise and entrepreneurship take account of post-Covid-19 educational and employment landscapes, changing labour market realities and employers' technology-enabled recruitment methods engage proactively and positively with ways to strengthen resilience, health and wellbeing in ourselves and others tackle academic learning and assessments with digital research and information literacy skills be(come) adaptable and/or adaptive according to the demands of different contexts co-create (with social enterprise and business skills) a better world in which self-actualisation aligns with the actualisation of the UN's Sustainable Development Goals reflect globalisation in the internationalisation of higher education (HE). Packed full of useful practical features, this text and its e-resources will help all staff and education development professionals, teachers in HE and advisers to motivate and enable students to relate their learning and achievements to the demands of life and work in our times.

*What really sets the best managers above the rest? It's their power to build a cadre of employees who have great inner work lives—consistently positive emotions; strong motivation; and favorable perceptions of the organization, their work, and their colleagues. The worst managers undermine inner work life, often unwittingly. As Teresa Amabile and Steven Kramer explain in *The Progress Principle*, seemingly mundane workday events can make or break employees' inner work lives. But it's forward momentum in meaningful work—progress—that creates the best inner work lives. Through rigorous analysis of nearly 12,000 diary entries provided by 238 employees in 7 companies, the authors explain how managers can foster progress and enhance inner work life every day. The book shows how to remove obstacles to progress, including meaningless tasks and toxic relationships. It also explains how to activate two forces that enable progress: (1) catalysts—events that directly facilitate project work, such as clear goals and autonomy—and (2) nourishers—interpersonal events that uplift workers, including*

encouragement and demonstrations of respect and collegiality. Brimming with honest examples from the companies studied, The Progress Principle equips aspiring and seasoned leaders alike with the insights they need to maximize their people's performance.

Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Why do sports captivate people? They allow us to watch human beings achieve peak performance, but, beyond physical strength and skill, what's really impressive is an athlete's mental prowess -- their will to succeed, engagement with their environment, and self-confidence. In Life as Sport, sport psychologist Dr. Jonathan Fader shares the skills that he teaches professional athletes--to enhance motivation, set productive goals, sharpen routines, manage stress, and clarify thought processes--and applies them to real-world situations. Dr. Fader's book is the product of thousands of hours of conversations with athletes from various teams and sports: power forwards, tennis phenoms, power-hitting outfielders, and battle-scarred linebackers, as well as hedge-fund managers, entrepreneurs, A-list actors, and dozens of other elite achievers in sports, business, and performing arts. It offers a compendium of stories, theories, and techniques that have been helpful to players, coaches, and executives in professional sports. What emerges is more than just a set of techniques, but a life philosophy that anyone can live by: an internal code to help translate our talent and drive toward the highest plateaus of performance. Dr. Fader designs his strategies to be studied, learned, practiced, and improved. He offers his readers the same exercises that he uses in every session with a professional athlete. These exercises help you to get truly engaged, whether you are designing a new business plan, working to inspire a team or individual, or even falling in love. This is what it means to truly live life as sport--to approach it with the same immediacy, wonder, and engagement that athletes feel at their peak during a game. Life as Sport helps you to pursue your own goals with an enriched intensity -- not only because it creates new potential, but also because it helps you unlock what was always there to begin with.

*Foundations, Perspectives, and Applications
An Integrated Approach to Early Intervention*

Leading Agile Developers, Developing Agile Leaders

Distinctive Features

Sort Out, Honor, and Practice What Matters Most to You

How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home

Recovering from a First Episode of Psychosis

An all-in-one resource covering the basics of point-of-care assessment and intervention, Mosby's Field Guide to Occupational Therapy for Physical Dysfunction helps you master the skills you need to become competent in occupational therapy (OT) or as an occupational therapy assistant (OTA). It is ideal for use as a clinical companion to Mosby's bestselling texts, Pedretti's Occupational Therapy: Practice Skills for Physical Dysfunction and Physical Dysfunction Practice Skills for the Occupational Therapist Assistant. Expert information covers anatomy, assessment tools, screening tools, and more, and is provided in a compact format that's easy to use on the go. A quick-reference format uses illustrations, charts, and tables to organize key data. Logical, easy-to-find sections are organized and based on the OT Framework covering evaluation, intervention, intervention plan, and service management, making it easy to find essential facts, procedures, and applications. UNIQUE! Expert Advice tips and Pearls provide helpful pediatric and geriatric information that can be applied in the clinical setting. Basic guidelines refer back to leading textbooks, Pedretti's Occupational Therapy and Physical Dysfunction Practice Skills for the Occupational Therapist Assistant, for more detailed information. Coverage of all patient populations includes adult, pediatric, mental health, and neurological conditions. Convenient index makes it easy to locate tools you need to evaluate or treat a specific region or area. Pocket size and lay-flat binding provide convenience and portability for easy reference.

This bestselling work has introduced hundreds of thousands of professionals and students to motivational interviewing (MI), a proven approach to helping people overcome ambivalence that gets in the way of change. William R. Miller and Stephen Rollnick explain current thinking on the process of behavior change, present the principles of MI, and provide detailed guidelines for putting it into practice. Case examples illustrate key points and demonstrate the benefits of MI in addictions treatment and other clinical contexts. The authors also discuss the process of learning MI. The volume's final section brings together an array of leading MI practitioners to present their work in diverse settings. Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical

managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged. Acknowledgements -- Dedications -- Forward -- Welcome to the new world of strategic innovation&business design thinking -- Discover new growth opportunities -- Craft your strategy -- Launch your new growth business -- Mastering the art : business design thinking -- Index

The Brain Injury Rehabilitation Workbook

Management 3.0

The Progress Principle

What Top Athletes Can Teach You about How to Win in Life

Improving the Emotional Intelligence of Translators

Stop Self-Sabotage

Motivational Interviewing, Second Edition

Positive Psychology Coaching in Practice provides a comprehensive overview of positive psychology coaching, bringing together the best of science and practice, highlighting current research, and emphasising the applicability of each element to coaching. With an international range of contributors, this book is a unique resource for those seeking to integrate positive psychology into their evidence-based coaching practice. Beginning with an overview of positive psychology coaching, the book includes an assessment of theories of wellbeing, an examination of mindfulness research, a guide to relevant neuroscience, and a review of a strengths-based approach. It also contains chapters which explore the application of ACT, the role of positive psychology in wellness and resilience coaching, positive leadership theory, and developmental psychological theories as they relate to coaching through

significant life transitions. In each chapter, theory and research is thoroughly explored and applied directly to coaching practice, and supported with a list of relevant resources and a case study. The book concludes with the editors' views on the future directions of positive psychology coaching. *Positive Psychology Coaching in Practice* will be essential reading for professional coaches in practice and in training seeking to enhance their evidence-based practice, coaching psychologists, practitioners of positive psychology, and academics and students of coaching, coaching psychology and positive psychology.

Packed with practical tools and examples, this state-of-the-art workbook provides a holistic framework for supporting clients with acquired brain injury. Clinicians are guided to set and meet collaborative treatment goals based on a shared understanding of the strengths and needs of clients and their family members. Effective strategies are described for building skills and teaching compensatory strategies in such areas as attention, memory, executive functions, mood, and communication. Particular attention is given to facilitating the challenging process of identity change following a life-altering injury. In a large-size format for easy photocopying, the volume features 94 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.

Career Counseling, 3rd edition, provides a comprehensive, holistic overview of the foundations of career counseling, information on the most effective skills and techniques, and contextual perspectives on career and lifestyle planning, all by nationally and internationally recognized experts. Updated chapters introduce important material not often addressed in introductory texts, such as rehabilitation, addictive behaviors, counseling couples and families, and working with ethnic and gender/sexual minority clients. Included throughout the text are case studies, informational sidebars, and experiential activities that enhance the reading and encourage additional contemplation of chapter content. Readers can also turn to the book's companion website for chapter test questions, PowerPoints, and additional resources.

A guide to effectively communicating with teenagers by the bestselling authors of *The Self-Driven Child* If you're a parent, you've had a moment--maybe many of them--when you've thought, "How did that conversation go so badly?" At some point after the sixth grade, the same kid who asked "why" non-stop at age four suddenly stops talking to you. And the conversations that you wish you could have--ones fueled by your desire to see your kid not just safe and healthy, but passionately engaged--suddenly feel nearly impossible to execute. The good news is that effective communication can be cultivated, learned, and taught. And as you get better at this, so will your kids. William Stixrud, Ph.D., and Ned Johnson have 60 years combined experience talking to kids one-on-one, and the most common question they get when out speaking to parents and educators is: What do you say? While many adults understand the importance and power of the philosophies behind the books that dominate the parenting bestseller list, parents are

often left wondering how to put those concepts into action. In *What Do You Say?*, Johnson and Stixrud show how to engage in respectful and effective dialogue, beginning with defining and demonstrating the basic principles of listening and speaking. Then they show new ways to handle specific, thorny topics of the sort that usually end in parent/kid standoffs: delivering constructive feedback to kids; discussing boundaries around technology; explaining sleep and their brains; the anxiety of current events; and family problem-solving. *What Do You Say?* is a manual and map that will immediately transform parents' ability to navigate complex terrain and train their minds and hearts to communicate ever more successfully.

**Six Steps to Unlock Your True Motivation, Harness Your Willpower, and Get Out of Your Own Way
A Roadmap for an Experimental Training Intervention**

Brave Work. Tough Conversations. Whole Hearts.

Motivational Interviewing and CBT

Motivational Interviewing in Schools

The Wiley Handbook of Healthcare Treatment Engagement

Introduction to Addictive Behaviors, Fifth Edition

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

"The authors of this book have made a very important contribution in producing a book that literally provides a roadmap for how to realize MI's potential in school and family contexts. They are the

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acknowledged leaders of MI in schools and deserve much credit for adapting this approach so well for effective use by educators. The content coverage of the book's chapters and its strong focus on the development of tools, strategies, and detailed, relevant examples of MI implementation in schools and also with families are, in my view, truly exemplary....I recommend it unconditionally as an invaluable resource for today's related services professional." Hill Walker, PhD University of Oregon "This is an important, well-written and groundbreaking book. Motivational interviewing (MI) has been widely applied in health care, corrections, mental health and addiction services, and social work, but this is the first book to explore broadly how it can be used by school professionals. This is an up-to-date, well-documented presentation of the spirit and method of MI, integrating it with behavioral theory and research. Practical exercises and examples support learning of how to apply MI in everyday conversations about change with parents, teachers, students, families, and school-based teams." William R. Miller, PhD The University of New Mexico One of the greatest challenges for mental health and other professionals in school settings is to get students, families, and staff willing to partake of and engaged in their services. This is the first book on applying motivational interviewing (MI)-a powerful, evidence-based technique for facilitating behavior change--throughout the school environment to help psychologists, counselors and other school-based professionals to improve the effectiveness of their practice. Based on encouraging research on the value of MI in K-12 settings, this practical book explains the basic elements of MI theory and demonstrates, step-by-step, how the four-stage process of engaging, focusing, evoking, and planning can be used with the families of students who need psychological or counseling services, teachers who need consultation and support to improve classroom management, and the students themselves. The book discusses barriers to readiness to change and describes how to foster engagement and compliance with school services to increase the likelihood that positive change will occur. It also describes how MI can be used to increase the effectiveness of inter-professional teams in school settings, along with ways in which MI can be integrated into and build support for already established programs. Richly illustrated with examples of using MI as a strategy for promoting everyday conversations about change--the nucleus of MI practice--the book also includes case studies and sample handouts for mental health professionals, students, family members, and teachers. Key Features: Demonstrates how to apply motivational interviewing to the K-12 environment to help school professionals improve effectiveness Explains the four-stage process of engaging, focusing, evoking, and planning Shows how MI can be used with children, their families, and teachers to facilitate change Describes how MI can be integrated into other established programs Includes plentiful case studies and examples of MI as a strategy for promoting everyday conversations about change

Motivational Interviewing in Clinical Mental Health Counseling is a cutting-edge guide to empowering counselors with the philosophical and actionable elements of motivational interviewing. This textbook,

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appropriate for primary or supplementary use in counseling coursework, is a practitioner and student-friendly text appropriate for readers across all levels of familiarity with motivational interviewing. Chapters integrate and present the newest conceptual and empirical literature, and the relevant, up-to-date content in each chapter is accompanied by a detailed case study and specific training exercises that will enhance counselors' proficiency in core skills. Motivational Interviewing in Clinical Mental Health Counseling introduces new learners to the skills and philosophy of motivational interviewing, enhances the skills of veterans familiar to the framework, and is the perfect companion for students of motivational interviewing across a variety of mental health counseling courses.

Motivational Interviewing in Schools Strategies for Engaging Parents, Teachers, and Students, Second Edition Springer Publishing Company

Career Counseling

Introduction to Addictive Behaviors, Fourth Edition

Personal, Academic and Career Development in Higher Education

Nutrition Counseling and Education Skill Development

Theory, Research, and Clinical Practice

Sport, Exercise, and Performance Psychology

How to Build Growth and Ventures Through Strategic Innovation and Visual Thinking

The significantly revised second edition of this unique practitioner guide features 65% new material and a new organizing structure. The authors show how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Noted for its clarity, the book includes extended case examples, sample dialogues, quick-reference tables, and "dos and don'ts." It provides vital tools for helping young people open up about their struggles, explore alternatives, and make healthier choices around such concerns as substance use, smoking, anxiety, medication adherence, and obesity. **New to This Edition** *More integrative and cohesive: every chapter weaves in diverse clinical issues, replacing the prior edition's population-specific chapters. *Chapters on MI in groups and involving caregivers in treatment. *Restructured around the current four-process model of MI, and proposes maintenance of change as a fifth process. *Incorporates the rapidly growing research base on MI with youth. *Reflects the ongoing refinement of the authors' training approach; includes skill-building activities at the end of each chapter. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Many tens of thousands of mental health and health care professionals have used this essential book--now significantly revised with 70% new content reflecting important advances in the field--to develop and sharpen their skills in motivational interviewing (MI). 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. In a large-size format for easy photocopying, the volume includes more than 80 reproducible worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials. **New to This Edition** *Fully revised and restructured around the new four-process model of MI. *Chapters on exploring values and goals and "finding the horizon."

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*Additional exercises, now with downloadable worksheets. *Teaches how to tailor OARS skills for each MI process. *Integrates key ideas from positive psychology. Winner (First Place)--American Journal of Nursing Book of the Year Award, Adult Primary Care Category This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

This informative and straightforward book explores the emergence of motivational interviewing (MI) and cognitive behavioural therapy (CBT), with specific attention given to the increasing focus on the central importance of the therapeutic alliance in improving client outcomes. Comprising 30 short chapters divided into two parts – theory and practice – this entry in the popular "CBT Distinctive Features Series" covers the key features of MI-informed CBT, offering essential guidance for students and practitioners experienced in both MI and CBT, as well as practitioners from other theoretical orientations who require an accessible guide to this developing approach.

Now revised and updated, this widely used text comprehensively reviews theories of addiction to give students and professionals a multidisciplinary foundation for clinical practice. It explores the causes and mechanisms of substance and behavioral addictions, as well as implications for helping people recover. Providing a science-based perspective, the text emphasizes the importance of using treatment and prevention strategies that are grounded in evidence. Thoroughly updated chapters address disease models; public health approaches; understanding and treating comorbidity; psychoanalytic, behavioral, cognitive, and family systems models; sociocultural approaches; behavioral addiction; and motivational models. Student-friendly features include end-of-chapter summaries and review questions. New to This Edition

*Updated throughout with current research and clinical advances. *Discussions of cutting-edge topics: genetics of addiction, addiction stigma, and the opioid epidemic. *New and revised clinical vignettes and review questions.

Life as Sport

Using Small Wins to Ignite Joy, Engagement, and Creativity at Work

A Practitioner Workbook

Motivational Interviewing with Adolescents and Young Adults, Second Edition

Motivational Interviewing in Clinical Mental Health Counseling

Preparing People for Change

The Leadership Challenge Workshop, Participant's Workbook

This book is the first to show how to integrate Personal Development Planning (PDP) activities into teaching in high schools. It is packed with activities, exercises, lesson plans, resources, reflective questionnaires, skills audits and case studies, with suggestions for how these may be customized to suit different groups of students in different subject areas. By embedding PDP into the curriculum, students are encouraged to engage with the PDP process to help them: gain a better understanding of how they are learning improve study skills gain a clear idea strengths and areas for development improve ability to communicate discuss skills and abilities with prospective employers, with the evidence to support your claims become a more effective independent and confident self-directed learner. Personal Development Planning will help all staff and educational development professionals, teachers in HE, and advisers and support staff in careers services enable students to build up a personal record to improve their ability to relate their learning and achievements to employers' interests and needs and, ultimately,

employment.

This book brings together world-class professionals to share theoretical understanding applied to sport, exercise and performance domains. It highlights how to be more effective in developing psychological skills, context and understanding for educators and professionals. From both academic and practitioner perspectives, this book takes readers through contextual understanding of this field of study and into a wide variety of important areas. Specifically, the chapters focus on the mind-body relationship, performance challenges, and on core mental skills applied across different sport, exercise and performance examples (e.g., professional athletes, normal exercise populations and military service members). The final section expands the content of relationships and performance in group settings to cover a broad practice of modern day applied performance psychology. Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, usable workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and learning activities. The author is an experienced MI researcher, clinician, and trainer who facilitates learning with experiential exercises, and reproducible worksheets. The reader learns step by step how to practice core MI skills: recognizing the importance of behavior change, fostering the client's confidence, resolving ambivalence, solidifying commitment to change, and negotiating a change plan. The utility of the book is enhanced by the large-size format and lay-flat binding. The book guides you to navigate each session using microskills that many clinicians already know: open-ended questions, affirmations, reflections, and summaries, or OARS for short. This book is in the Applications of Motivational Interviewing series.

Integrating Motivational Interviewing and Cognitive Behavior Therapy in Clinical Practice shows counseling and other health professionals how the theoretical bases and evidence-based practices of motivational interviewing (MI) and cognitive behavior therapy (CBT) can be used together to maximize client outcomes. Chapters outline effective methods for integrating MI and CBT and show how these can be applied to clients in a diverse range of mental health, substance use and addiction settings. Written in a clear and applicable style, the text features case studies, resources for skill development, and "Field" sections, as well as chapters devoted to specific topics such as depression, anxiety, and more. Building on four established frameworks for integrative practice, this is a valuable resource for counseling and psychotherapy practitioners looking to incorporate MI and CBT into their clinical practices.

Mosby's Field Guide to Occupational Therapy for Physical Dysfunction - E-Book

Integrating Motivational Interviewing and Cognitive Behavior Therapy in Clinical Practice

Strategies for Engaging Parents, Teachers, and Students

Stop Struggling, Start Living

The Happiness Trap

The Art of Opportunity

The Handbook of Behavior Change

This book provides a unique roadmap for the design of an effective emotional intelligence (EI) intervention adapted to the needs of translators. Building on the growing interest in understanding the impact of translators' emotions on their work, this book is the first to outline the key components of an 18-hour training intervention based on a sound theoretical basis and aiming to improve translators' emotional competencies. Following a detailed review of the relevant literature in both translation studies and psychology, the book demonstrates the importance of soft skills for translators' wellbeing, psychological health, and work performance. A number of important elements that need to be considered when designing an evidence-based intervention are discussed, such as appropriate safeguards, theory-based activities, psychometric measures, individual difference variables, and suitable coaching techniques. The book concludes with a discussion of other relevant aspects, such as the role of culture in EI interventions and promising areas for further study. It will appeal to students and scholars of translation studies, researchers interested in personality, occupational and developmental psychology, as well as professional translators and their representative bodies.

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Look for Brené Brown's new podcast, Dare to Lead, as well as her ongoing podcast Unlocking Us! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that

daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read Daring Greatly and Rising Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

NUTRITION COUNSELING AND EDUCATION SKILL DEVELOPMENT helps entry-level nutritional professionals develop a solid foundation in counseling and education principles and evaluation methodologies. Taking a clear, engaging, step-by-step approach, the book includes case studies and first-person accounts and gives students opportunities in every chapter to practice new skills. Students learn to translate theoretical perspectives on nutrition counseling into effective dialogues that have the power to influence client knowledge, skills and attitudes. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Vibrantly illustrated by artist and author Lisa Congdon—and co-written by Congdon and her friend, brand strategist Andreea Niculescu—this deck will help you live in accordance to what matters most to you. Living your values increases your compassion, reduces your stress, enhances your confidence, and allows you to experience more intimacy in your relationships. These 78 cards offer you a practical set of tools for determining your core values and practicing them in your daily life. Start off with a simple sorting exercise, then dive deeper into your highest values with the prompts and activities listed on each card. The accompanying booklet helps you use the deck to enrich your life and improve your well-being. HANDS-ON EXERCISE: More engaging than a self-help book and less daunting than trying to list your values on a blank page, this deck offers a fun, hands-on way to identify your core principles and integrate them into your life. GREAT GUIDANCE: Along with helping you identify your values, these cards offer advice, suggestions for short-term and long-term goals, and prompts that will help you reflect and take action in meaningful ways. LONG-TERM USE: As life inevitably changes and new milestones are reached, it's good to re-center and reconnect with your values. This deck can be used to see how your values have changed and what new ones have emerged over time. Perfect for: • Anyone contemplating a big life change (moving, switching jobs, etc.) • People looking for personal growth or self-reflection tools • Individuals who want to make meaningful New Year's resolutions • Fans of Lisa Congdon's previous publishing, especially You Will Leave A Trail Of Stars

Motivational Cognitive Behavioural Therapy

Building Motivational Interviewing Skills, Second Edition

Building Motivational Interviewing Skills

Strategies for Engaging Parents, Teachers, and Students, Second Edition

What Do You Say?

The Personality Disorders Treatment Planner: Includes DSM-5 Updates

How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There

Award-winning clinical psychologist and TV personality Dr. Judy Ho helps you stop the cycle of self-sabotage, clear a path to lasting happiness, and start living your best life in this a must-have guide perfect for fans of *You Are a Badass*, *Unf*ck Yourself*, and *How to Stop Feeling Like Sh*t*. Have you ever had a deadline for a big work project, only to find yourself down to the wire because you spent too much time on social media? Or gotten excited about meeting someone new, only to convince yourself he isn't really interested? How many Januarys have you resolved that this is the year you're finally going to lose the weight, only to abandon your diet in just a few weeks? If these scenarios sound familiar, you are stuck in a cycle of self-sabotage. At one point or another, we've all done something that undermines our best interests and intentions. Even the most successful people get in their own way—often without realizing it. In *Stop Self-Sabotage*, licensed clinical psychologist, tenured professor, and television personality Dr. Judy Ho takes a fresh look at self-sabotage to help us answer two vital questions: Why do we do it? How do we stop? Combining therapeutically proven strategies with practical tools and self-assessments, Dr. Judy teaches you how to identify your triggers, modify your thoughts and behaviors, find your true motivation, and unlock your willpower to stop this vicious cycle in its tracks. Practical and transformative, *Stop Self-Sabotage* is your ultimate guide to jumpstart lasting, positive change and start living the life you want.

Despite years of research, debate and changes in mental health policy, there is still a lack of consensus as to what recovery from psychosis actually means, how it should be measured and how it may ultimately be achieved. In *Recovering from a First Episode of Psychosis: An Integrated Approach to Early Intervention*, it is argued that recovery from a first episode of psychosis (FEP) is comprised of three core elements: symptomatic, social and personal. Moreover, all three types of recovery need to be the target of early intervention for psychosis programmes (EIP) which provide evidence-based, integrated, bio-psychosocial interventions delivered in the context of a value base offering hope, empowerment and a youth-focused approach. Over the 12 chapters in the book, the authors, all experienced clinicians and researchers from multi-professional backgrounds, demonstrate that long-term recovery needs to replace short term remission as the key target of early psychosis services and that, to achieve this, we need a change in the way we deliver EIP: one that takes account of the different stages of psychosis and the 'bespoke' targeting of integrated medical, psychological and social treatments during the 'critical period'. Illustrated with a wealth of clinical examples, this book will be of great interest to clinical psychologists, psychiatrists, psychiatric nurses and other associated mental health professionals.

Note to Readers: Publisher does not guarantee quality or access to any included digital components if book is purchased through a third-party seller. Praise for the first edition: "The authors of this book have made a very important contribution in producing a book that literally provides a roadmap for how to realize MI's

potential in school and family contexts. They are the acknowledged leaders of MI in schools and deserve much credit for adapting this approach so well for effective use by educators...I recommend it unconditionally as an invaluable resource for today's related services professional." -Hill Walker, PhD, University of Oregon

The second edition of this seminal reference is still the only book available that provides detailed, step-by-step guidance for using Motivational Interviewing (MI) to facilitate positive change in schools by working with parents, teachers, and students. Featuring readily accessible, proven strategies for promoting academic enabling behaviors, this text describes the defining principles, processes, and skills of MI. The new edition illuminates research-based strategies for building teacher, student, and parent engagement in school-based services, and identifies best-practice MI consultation skills, and tailors these interventions to the specific needs of teachers, students, and parents. Additionally, the book identifies methods for combining MI with other school-based intervention models as well as defining procedures for integrating MI within a school or across a school district. New to the second edition is the innovative coaching framework HomeBase, important literature updates on the science and practice of MI in schools, and expanded information on new applications of MI with students. The second edition also includes new strategies for motivating MI participants, MI applications with school problem-solving teams, and a major update to the sections on Learning MI and Monitoring Implementation Quality. Purchase of the print edition includes access to Ebook format. New to the Second Edition: Includes new HomeBase intervention program designed as a collaboration between parents and teachers to support children Delivers a new MI coaching framework Significantly updates sections on Learning MI and Monitoring Implementation Quality Reflects latest science regarding proper implementation of MI Expands coverage of MI applications with school problem-solving teams Includes strategies for learning and improving MI skills Provides new dialogues/scripts from successful parent, teacher, and student interactions Highlights specific interventions for gifted youth, applications for student self-monitoring and for support in alternative settings Key Features: Demonstrates how to apply motivational interviewing to K-12 to help school professionals improve effectiveness Delivers expert tips for working with challenging families, students, and teachers Covers implementation and dissemination strategies for learning MI and monitoring fidelity Includes abundant opportunities for practice Includes examples of MI that promote everyday conversations about change Provides dozens of handouts to use with students, teachers, and parents

One of the greatest challenges for mental health and other professionals in school settings is to get students, families, and staff willing to partake of and engaged in their services. This is the first book on applying motivational interviewing (MI) is a powerful, evidence-based technique for facilitating behavior change throughout the school environment to help psychologists, counselors and other school-based professionals to improve the effectiveness of their practice. Based on encouraging research on the value of MI in K-12 settings, this practical book explains the basic elements of MI theory and demonstrates, step-by-step, how

the four-stage process of engaging, focusing, evoking, and planning can be used with the families of students who need psychological or counseling services, teachers who need consultation and support to improve classroom management, and the students themselves. The book discusses barriers to readiness to change and describes how to foster engagement and compliance with school services to increase the likelihood that positive change will occur. It also describes how MI can be used to increase the effectiveness of inter-professional teams in school settings, along with ways in which MI can be integrated into and build support for already established programs. Richly illustrated with examples of using MI as a strategy for promoting everyday conversations about change--the nucleus of MI practice--the book also includes case studies and sample handouts for mental health professionals, students, family members, and teachers. Key Features:

Demonstrates how to apply motivational interviewing to the K-12 environment to help school professionals improve effectiveness Explains the four-stage process of engaging, focusing, evoking, and planning Shows how MI can be used with children, their families, and teachers to facilitate change Describes how MI can be integrated into other established programs Includes plentiful case studies and examples of MI as a strategy for promoting everyday conversations about change

Personal, Social, Academic and Career Development in Higher Education

The Live Your Values Deck

The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration

Combining Strategies for Maximum Effectiveness

Positive Psychology Coaching in Practice

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)

Approaching personality disorders with evidence-based treatment plans The Personality Disorders Treatment Planner, 2nd Edition is fully updated to meet the changing needs of the mental healthcare field. A time-saver for psychologists, counselors, social workers, psychiatrists, and other mental health professionals, this new edition offers the tools you need to develop formal treatment plans that meet the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. Organized around twenty-six presenting problems, the easy-to-use format and over 1,000 prewritten symptom descriptions, treatment goals, objectives, and interventions makes the task of developing an evidence-based treatment plan more efficient than ever. The treatment of mental health disorders is rapidly evolving, and new evidence-based protocols are being adopted by federal and state organizations. You are now required to closely monitor patient progress, and you may feel pressure to stick to standardized care and reporting procedures; however, you can only do so if you have access to the latest in evidence-based treatment plans. Updated with new and revised evidence-based Objectives and Interventions Integrated DSM-5 diagnostic labels and ICD-10 codes into the Diagnostic Suggestions section of each chapter Many more suggested homework assignments integrated into the Interventions An Appendix demonstrates the use of the personality disorders Proposed Dimensional System of DSM-5. Expanded and updated self-help book list in the Bibliotherapy Appendix Revised, expanded and updated Professional Reference Appendix New Recovery Model Appendix D listing Objectives and Interventions allowing the integration of a recovery model orientation into treatment plans

Access Free Values Card Sort Activity Motivational Interviewing

Are you tired of being told by others--self-help books included--what you should do? Drs. Allan Zuckoff and Bonnie Gorscak understand. That's why this book is different. Whether it's breaking an unhealthy habit, pursuing that dream job, or ending harmful patterns in relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there. The proven counseling approach known as motivational interviewing (MI) can help. Drs. Zuckoff and Gorscak present powerful self-help strategies and practical tools that help you understand why you're stuck, break free of unhelpful pressure to change, and build confidence for developing a personal change plan. Vivid stories of five men and women confronting different types of challenges illustrate the techniques and accompany you on your journey. MI has a track record of helping people resolve long-standing dilemmas in a remarkably short time. Now you can try it for yourself--and unlock your own capacity for positive action.

This Participant's Workbook is designed to accompany you on an exciting journey of self-discovery. Grounded in Kouzes and Posner's celebrated Five Practices of Exemplary Leadership model, the interactive pages help you to uncover the deeper meanings of: Model the Way Inspire a Shared Vision Challenge the Process Enable Others to Act Encourage the Heart

Against a global backdrop of problematic adherence to medical treatment, this volume addresses and provides practical solutions to the simple question: "Why don't patients take treatments that could save their lives?" The Wiley handbook of Healthcare Treatment Engagement offers a guide to the theory, research and clinical practice of promoting patient engagement in healthcare treatment at individual, organizational and systems levels. The concept of treatment engagement, as explained within the text, promotes a broader view than the related concept of treatment adherence. Treatment engagement encompasses more readily the lifestyle factors which may impact healthcare outcomes as much as medication-taking, as well as practical, economic and cultural factors which may determine access to treatment. Over a span of 32 chapters, an international panel of expert authors address this far-reaching and fascinating field, describing a broad range of evidence-based approaches which stand to improve clinical services and treatment outcomes, as well as the experience of users of healthcare service and practitioners alike. This comprehensive volume adopts an interdisciplinary approach to offer an understanding of the factors governing our healthcare systems and the motivations and behaviors of patients, clinicians and organizations. Presented in a user-friendly format for quick reference, the text first supports the reader's understanding by exploring background topics such as the considerable impact of sub-optimal treatment adherence on healthcare outcomes, before describing practical clinical approaches to promote engagement in treatment, including chapters referring to specific patient populations. The text recognizes the support which may be required throughout the depth of each healthcare organization to promote patient engagement, and in the final section of the book, describes approaches to inform the development of healthcare services with which patients will be more likely to seek to engage. This important book: Provides a comprehensive summary of practical approaches developed across a wide range of clinical settings, integrating research findings and clinical literature from a variety of disciplines Introduces and compliments existing approaches to improve communication in healthcare settings and promote patient choice in planning treatment Presents a range of proven clinical solutions that will appeal to those seeking to improve outcomes on a budget Written for health professionals from all disciplines of clinical practice, as well as service planners and policy makers, The Wiley Handbook of Healthcare Treatment Engagement is a comprehensive guide for individual practitioners and organizations alike.

Physical Activity 'Enrichment': A Joint Focus on Motor Competence, Hot and Cool Executive Functions

SOARing to Success

Dare to Lead

Theories and Applications

Finding Your Way to Change

Social problems in many domains, including health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, The Handbook of Behavior Change provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge on behavior change and guidance on how to develop effective interventions to change behavior.

Introduces a realistic approach to leading, managing, and growing your Agile team or organization. Written for current managers and developers moving into management, Appelo shares insights that are grounded in modern complex systems theory, reflecting the intense complexity of modern software development. Recognizes that today's organizations are living, networked systems; that you can't simply let them run themselves; and that management is primarily about people and relationships. Deepens your understanding of how organizations and Agile teams work, and gives you tools to solve your own problems. Identifies the most valuable elements of Agile management, and helps you improve each of them.

This book has been replaced by Introduction to Addictive Behaviors, Fifth Edition, ISBN 978-1-4625-3922-2.