



# Motivational Interviewing in the Treatment of Anxiety (Applications of Motivational Interviewing (Paperback))

*Henny A. Westra PhD*

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## **Motivational Interviewing in the Treatment of Anxiety (Applications of Motivational Interviewing (Paperback))** Henny A. Westra PhD

This 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.

This book is in the Applications of Motivational Interviewing series.

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