



# **A Toolkit of Motivational Skills: Encouraging and Supporting Change in Individuals**

*Catherine Fuller, Phil Taylor*

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How do you motivate someone to change a pattern of behaviour? This is an issue faced daily by professionals working in healthcare and criminal justice systems. Motivational interviewing is a style of communication developed for working with substance abuse, but found to be effective for work with a variety of people who are struggling with the idea of behaviour change. This workbook is a complete guide to the motivational approach for any professional who needs to help others to change.

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