Helping People Change - Richard Boyatzis - 2019-08-20
You're trying to help—but is it working? Helping others is a good thing. Often, as a leader, manager, doctor, teacher, or coach, it's central to your job. But even the most well-intentioned efforts to help others can be undermined by a simple truth: We almost always focus on trying to "fix" people, correcting problems or filling the gaps between where they are and where we think they should be. Unfortunately, this doesn't work well, if at all, to inspire sustained learning or positive change. There's a better way. In this powerful, practical book, emotional intelligence expert Richard Boyatzis and Weatherhead School of Management colleagues Melvin Smith and Ellen Van Oosten present a clear and hopeful message. The way to help someone learn and change, they say, cannot be focused primarily on fixing problems, but instead must connect to that person's positive vision of themselves or an inspiring dream or goal they've long held. This is what great coaches do—they know that people draw energy from their visions and dreams, and that same energy sustains their efforts to change, even through difficult times.

In contrast, problem-centered approaches trigger physiological responses that make a person defensive and less open to new ideas. The authors use rich and moving real-life stories, as well as decades of original research, to show how this distinctively positive mode of coaching—what they call "coaching with compassion"—opens people up to thinking creatively and helps them to learn and grow in meaningful and sustainable ways. Filled with probing questions and exercises that encourage self-reflection, Helping People Change will forever alter the way all of us think about and practice what we do when we try to help.

Helping People Change - Richard Boyatzis - 2019-08-20
You're trying to help—but is it working? Helping others is a good thing. Often, as a leader, manager, doctor, teacher, or coach, it's central to your job. But even the most well-intentioned efforts to help others can be undermined by a simple truth: We almost always focus on trying to "fix" people, correcting problems or filling the gaps between where they are and where we think they should be. Unfortunately, this doesn't work well, if at all, to inspire sustained learning or positive change. There's a better way. In this powerful, practical book, emotional intelligence expert Richard Boyatzis and Weatherhead School of Management colleagues Melvin Smith and Ellen Van Oosten present a clear and hopeful message. The way to help someone learn and change, they say, cannot be focused primarily on fixing problems, but instead must connect to that person's positive vision of themselves or an inspiring dream or goal they've long held. This is what great coaches do—they know that people draw energy from their visions and dreams, and that same energy sustains their efforts to change, even through difficult times.

In contrast, problem-centered approaches trigger physiological responses that make a person defensive and less open to new ideas. The authors use rich and moving real-life stories, as well as decades of original research, to show how this distinctively positive mode of coaching—what they call "coaching with compassion"—opens people up to thinking creatively and helps them to learn and grow in meaningful and sustainable ways. Filled with probing questions and exercises that encourage self-reflection, Helping People Change will forever alter the way all of us think about and practice what we do when we try to help.

Helping People Change - Frederick H. Kanfer - 1980

Motivational Interviewing Preparing People for Change - - 2015

Motivational Interviewing Preparing People for Change - - 2015

How to Help People Change - Jay E. Adams - 2010-08-10
"While touching on many aspects of counseling, this book . . . is specifically designed to elucidate the process of counseling. I have often mentioned and illustrated that process, but not in the focused and systemic way that the perspective not only on how to counsel, but also on what measures to take at what stages of counseling."—Jay Adams, from the prefaceChange is the essential goal of the counseling process. And, in the author's words, "substantial change requires the alteration of the heart." How can a Christian counselor facilitate such change? The answer, of course, may be found in Scripture, specifically in 2 Timothy 3:14-17. Jay Adams is a well-known counselor who bases his whole approach on Scripture. This book provides an unparalleled opportunity to see how he discovers and applies biblical principles as well as the way in which Scripture functions as the basis for his counseling approach. This book answers two questions: "How does a counselor help people change?" and, "How does Scripture provide the source of a counselor's method?" How to Help People Change has much to say about the ongoing discussion of the relationship between theology and psychology in the enterprise of Christian counseling.

How to Help People Change - Jay E. Adams - 2010-08-10
"While touching on many aspects of counseling, this book . . . is specifically designed to elucidate the process of counseling. I have often mentioned and illustrated that process, but not in the focused and systemic way that the perspective not only on how to counsel, but also on what measures to take at what stages of counseling."—Jay Adams, from the prefaceChange is the essential goal of the counseling process. And, in the author's words, "substantial change requires the alteration of the heart." How can a Christian counselor facilitate such change? The answer, of course, may be found in Scripture, specifically in 2 Timothy 3:14-17. Jay Adams is a well-known counselor who bases his whole approach on Scripture. This book provides an unparalleled opportunity to see how he discovers and applies biblical principles as well as the way in which Scripture functions as the basis for his counseling approach. This book answers two questions: "How does a counselor help people change?" and, "How does Scripture provide the source of a counselor's method?" How to Help People Change has much to say about the ongoing discussion of the relationship between theology and psychology in the enterprise of Christian counseling.

Since the initial publication of this classic text, motivational interviewing (MI) has been used by countless clinicians in diverse settings. Theory and methods have evolved apace, reflecting new knowledge on the process of behavior change, a growing body of outcome research, and the development of new applications within and beyond the addictions field. Including nearly all-new chapters, this revised and expanded second edition now brings MI practitioners and trainees fully up to date. William R. Miller and Stephen Rollnick explain how to work through ambivalence to facilitate change, present detailed guidelines for using their approach with a variety of clinical populations, and reflect on the process of learning MI. Chapters contributed by other leading experts then address such special topics as MI and the stages-of-change model; using the approach with groups, couples, and adolescents; and applications to general medical care, health promotion, and criminal justice settings.

Since the initial publication of this classic text, motivational interviewing (MI) has been used by countless clinicians in diverse settings. Theory and methods have evolved apace, reflecting new knowledge on the process of behavior change, a growing body of outcome research, and the development of new applications within and beyond the addictions field. Including nearly all-new chapters, this revised and expanded second edition now brings MI practitioners and trainees fully up to date. William R. Miller and Stephen Rollnick explain how to work through ambivalence to facilitate change, present detailed guidelines for using their approach with a variety of clinical populations, and reflect on the process of learning MI. Chapters contributed by other leading experts then address such special topics as MI and the stages-of-change model; using the approach with groups, couples, and adolescents; and applications to general medical care, health
Who Says You Can't? You Do - Daniel Chidiac - 2018-01-09

You Can Change Other People - Peter Bregman - 2021-09-15

Discover how to change the lives of the people around you. You Can Change Other People, the world's #1 executive coach, Peter Bregman, and Howie Jacobson, Ph.D., share the Four Steps to help the people around you make positive change -- even if they've been stuck for years. The authors rely on over 50 years of collective professional experience to show you exactly what to say to influence those around you for the better. Changing the way you talk will stop you from being perceived as a critic, and turn you into a welcomed and effective ally. You’ll learn how to: Disarm their defensiveness and increase their confidence to act. Turn people's biggest problems into ever-greater accountability for their actions. Follow through without making them dependent on you. No one wants to be changed; but change and personal growth are critical to success, and more importantly, to a fulfilled life. You Can Change Other People is a must-read for those who want to improve their impact with co-workers, family members, and everyone in between.

An Introduction to Transactional Analysis - Phil Lapworth - 2011-06-20

This thoroughly revised edition of Transactional Analysis Counselling introduces the theory and practice of TA - which integrates cognitive behavioural and psychodynamic theories within a humanistic philosophy - from a unique relational perspective. While most TA books focus on one field, this approach demonstrates the benefits of TA across a wide variety of helping settings, business and management, education and coaching as well as counselling. Case studies from a variety of contexts bring TA to life for trainees in any of these disciplines, and the accessible, engaging writing style makes difficult concepts understandable for undergraduates and postgraduates alike. A unique tool throughout their journey, expert authors Phil Lapworth and Charlotte Sills provide a brief history of TA followed by individual chapters on the concepts and techniques used. Each chapter is devoted to one concept and includes a detailed definition and description, and suggestions for application in practice. Exercises for student, practitioner and client, boxed summaries, diagrams, checklists and sources of further reading make this the ideal text for use in training. This is an essential companion for those embarking on specialist TA courses or studying TA as part of wider training, while those who want simply to understand change even if they've been stuck for years. The authors rely on over 50 years of collective professional experience to show you exactly what to say to influence those around you for the better. Changing the way you talk will stop you from being perceived as a critic, and turn you into a welcomed and effective ally. You’ll learn how to: Disarm their defensiveness and increase their confidence to act. Turn people's biggest problems into ever-greater accountability for their actions. Follow through without making them dependent on you. No one wants to be changed; but change and personal growth are critical to success, and more importantly, to a fulfilled life. You Can Change Other People is a must-read for those who want to improve their impact with co-workers, family members, and everyone in between.

An Introduction to Transactional Analysis - Phil Lapworth - 2011-06-20

This thoroughly revised edition of Transactional Analysis Counselling introduces the theory and practice of TA - which integrates cognitive behavioural and psychodynamic theories within a humanistic philosophy - from a unique relational perspective. While most TA books focus on one field, this approach demonstrates the benefits of TA across a wide variety of helping settings, business and management, education and coaching as well as counselling. Case studies from a variety of contexts bring TA to life for trainees in any of these disciplines, and the accessible, engaging writing style makes difficult concepts understandable for undergraduates and postgraduates alike. A unique tool throughout their journey, expert authors Phil Lapworth and Charlotte Sills provide a brief history of TA followed by individual chapters on the concepts and techniques used. Each chapter is devoted to one concept and includes a detailed definition and description, and suggestions for application in practice. Exercises for student, practitioner and client, boxed summaries, diagrams, checklists and sources of further reading make this the ideal text for use in training. This is an essential companion for those embarking on specialist TA courses or studying TA as part of wider training, while those who want simply to understand change even if they've been stuck for years. The authors rely on over 50 years of collective professional experience to show you exactly what to say to influence those around you for the better. Changing the way you talk will stop you from being perceived as a critic, and turn you into a welcomed and effective ally. You’ll learn how to: Disarm their defensiveness and increase their confidence to act. Turn people's biggest problems into ever-greater accountability for their actions. Follow through without making them dependent on you. No one wants to be changed; but change and personal growth are critical to success, and more importantly, to a fulfilled life. You Can Change Other People is a must-read for those who want to improve their impact with co-workers, family members, and everyone in between.

Who Says You Can't? You Do - Daniel Chidiac - 2018-01-09

Offers a seven step guide to discovering the true self, committing to life, and pushing beyond limits.

Beyond Addiction - Jeffrey Foote - 2014-02-18

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

Beyond Addiction - Jeffrey Foote - 2014-02-18

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

Switch - Chip Heath - 2010-02-16

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, says Chip and Dan Heath, authors of the critically acclaimed bestseller Made to Stick. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In Switch, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results: • The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients • The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping • The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. Switch shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

Switch - Chip Heath - 2010-02-16

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, says Chip and Dan Heath, authors of the critically acclaimed bestseller Made to Stick. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In Switch, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results: • The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients • The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping • The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. Switch shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

Motivational Interviewing in Health Care - Stephen Rollnick - 2006-01-01

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series.

Motivational Interviewing in Health Care - Stephen Rollnick - 2006-01-01

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series.
The form of doing your habit—over and over. This book offers a number of Much of health care today involves helping patients manage conditions which outcomes are greatly influenced by behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate an evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series.

**Changing Minds** - Howard Gardner - 2006-09-01

Think about the last time you tried to change someone's mind about something important: a voter's political beliefs; a customer's favorite brand; a spouse's decorating taste. Chances are you weren't successful in shifting that person's beliefs in any way. In his book, Changing Minds, Harvard psychologist Howard Gardner explains what happens during the course of changing a mind— and offers ways to influence that process. Remember that we don’t change our minds overnight, it happens in gradual stages that can be powerfully influenced along the way. This book provides insights that can broaden our horizons and shape our lives.

**Building Motivational Interviewing Skills** - David B. Rosengren - 2012-09-26

Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities. The author is an experienced MI researcher, clinician, and trainer who facilitates learning with quizzes, experiential exercises, and reproducible worksheets. The reader learns step by step how to practice core MI skills: raising 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 shows how to navigate each session using microskills that many clinicians already know: open-ended questions, affirmations, reflective listening, and summaries, or OARS for short. This book is in the Applications of Motivational Interviewing series.

**The Little Book of Big Change** - Amy Johnson - 2016-01-02

Little changes can make a big, big difference! In The Little Book of Big Change, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

**How People Change** - Allen Wheelis - 1975-07-10

"At a time when slick, superficial, psychological works are foisted on the lay-public, Allen Wheelis has written a serious treatise." --San Francisco Sunday Examiner-Chronicle

**How to Change** - Katy Milkman - 2021-05-04

Wall Street Journal bestseller “A welcome revelation.” --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this ground-breaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what’s standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won’t help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman's original research and the work of her world-renowned scientific collaborators, How to Change shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you’ll learn: • Why timing can be everything when it comes to making a change • How to turn temptation and inertia into assets • That giving advice, even if it’s about something you’re struggling with, can help you achieve more Whether you’re a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, How to Change offers an invaluable, science-based blueprint for achieving your goals, once and for all.

**How to Change** - Katy Milkman - 2021-05-04

Wall Street Journal bestseller “A welcome revelation.” --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this ground-breaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what’s standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won’t help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman’s original research and the work of her world-renowned scientific collaborators, How to Change shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you’ll learn: • Why timing can be everything when it comes to making a change • How to turn temptation and inertia into assets • That giving advice, even if it’s about something you’re struggling with, can help you achieve more Whether you’re a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, How to Change offers an invaluable, science-based blueprint for achieving your goals, once and for all.
Fans of the "New York Times"-bestselling series can find out what makes a
Meltzer - 2017-10-15
Ordinary People Change the World Sticker Activity Book

Fans of the "New York Times"-bestselling series can find out what makes a
Meltzer - 2017-10-15
Ordinary People Change the World Sticker Activity Book

How People Change: Relationships and Neuroplasticity in Psychotherapy (Norton Series on Interpersonal Neurobiology) -
Marion Solomon - 2017-05-09
Drawing on cutting-edge neuroscience to understand psychotherapeutic change. Growth and change are at the heart of all successful psychotherapy. Regardless of one's clinical orientation or style, psychotherapy is an emerging process that creates moment by moment, between client and therapist. How People Change explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain. Contributions by Philip M. Bromberg, Louis Cozolino and Vanessa Davis, Margaret Wilkinson, Pat Ogden, Peter A. Levine, Russell Meares, Dan Hughes, Martha Stark, Stan Tatkin, Marion Solomon, and Daniel J. Siegel and Bonnie Goldstein.

How People Change: Relationships and Neuroplasticity in Psychotherapy (Norton Series on Interpersonal Neurobiology) -
Marion Solomon - 2017-05-09
Drawing on cutting-edge neuroscience to understand psychotherapeutic change. Growth and change are at the heart of all successful psychotherapy. Regardless of one's clinical orientation or style, psychotherapy is an emerging process that creates moment by moment, between client and therapist. How People Change explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain. Contributions by Philip M. Bromberg, Louis Cozolino and Vanessa Davis, Margaret Wilkinson, Pat Ogden, Peter A. Levine, Russell Meares, Dan Hughes, Martha Stark, Stan Tatkin, Marion Solomon, and Daniel J. Siegel and Bonnie Goldstein.

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, pursuits 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.

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, pursuits 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.

Ordinary People Change the World Sticker Activity Book - Brad Meltzer - 2017-10-15
Fans of the "New York Times"-bestselling series can find out what makes a hero with the puzzles, mazes, quizzes, and brain-busting challenges in this interactive activity book that comes with more than 25 stickers. Full color. Consumable.

Ordinary People Change the World Sticker Activity Book - Brad Meltzer - 2017-10-15
Fans of the "New York Times"-bestselling series can find out what makes a hero with the puzzles, mazes, quizzes, and brain-busting challenges in this interactive activity book that comes with more than 25 stickers. Full color. Consumable.

Acceptance and Commitment Therapy, Second Edition - Steven C. Hayes - 2016-08-29
Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT—from conceptual and empirical foundations to clinical techniques—written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and defusing, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research.* *Psychological flexibility is now the central organizing focus.* *Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation.* *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.*

Acceptance and Commitment Therapy, Second Edition - Steven C. Hayes - 2016-08-29
Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT—from conceptual and empirical foundations to clinical techniques—written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and defusing, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research.* *Psychological flexibility is now the central organizing focus.* *Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation.* *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.*

Helping People Change - Frederick H. Kanfer - 1975
Motivational Interviewing in Schools - Stephen Rollnick - 2016-09-20
The first teacher's guide to the proven counseling approach known as motivational interviewing (MI), this pragmatic book shows how to use everyday interactions with students as powerful opportunities for change. MI comprises skills and strategies that can make brief conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the "dos and don'ts" of talking to K712 students (and their parents) in ways that promote self-directed problem solving and personal growth. The authors describe the distinguished codveloper of MI plus two former classroom teachers. User-friendly features include learning exercises and reflection questions; additional helpful resources are available at the companion website. Written for teachers, the book will be recommended and/or used in teacher workshops by school psychologists, counselors, and social workers. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Motivational Interviewing in Schools - Stephen Rollnick - 2016-09-20
The first teacher's guide to the proven counseling approach known as motivational interviewing (MI), this pragmatic book shows how to use everyday interactions with students as powerful opportunities for change. MI comprises skills and strategies that can make brief conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the "dos and don'ts" of talking to K712 students (and their parents) in ways that promote self-directed problem solving and personal growth. The authors include the distinguished codveloper of MI plus two former classroom teachers. User-friendly features include learning exercises and reflection questions; additional helpful resources are available at the companion website. Written for teachers, the book will be recommended and/or used in teacher workshops by school psychologists, counselors, and social workers. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Motivational Interviewing in Schools - Stephen Rollnick - 2016-09-20
The first teacher's guide to the proven counseling approach known as motivational interviewing (MI), this pragmatic book shows how to use everyday interactions with students as powerful opportunities for change. MI comprises skills and strategies that can make brief conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the "dos and don'ts" of talking to K712 students (and their parents) in ways that promote self-directed problem solving and personal growth. The authors include the distinguished codveloper of MI plus two former classroom teachers. User-friendly features include learning exercises and reflection questions; additional helpful resources are available at the companion website. Written for teachers, the book will be recommended and/or used in teacher workshops by school psychologists, counselors, and social workers. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Triggers - Marshall Goldsmith - 2015
A renowned executive coach and psychologist shows readers how to recognize and overcome the emotional and psychological triggers that set off a reaction or a behavior that often is detrimental so that they can achieve meaningful and sustained change.

Triggers - Marshall Goldsmith - 2015


Not everyone who experiments with substance use or risky behavior becomes addicted, and many who are addicted have been able to recover. This authoritative book, now revised and updated, has given tens of thousands of professionals and students a state-of-the-art framework for understanding the journey both into and out of addiction. From Carlo C. DiClemente, codirector of the transtheoretical model (TTM), the book identifies the stages and processes involved in initiating, modifying, maintaining, or stopping any pattern of behavior. Grounded in extensive research, and illustrated with vivid case examples, the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective. New to This Edition *Incorporates 15 years of research advances, contemporary prevention and treatment approaches, and the ongoing development of the TTM. *Chapter on current developments in intervention research. *Expanded discussions of neuroscience; self-regulation; behavioral economics; self-help, mutual help, and spirituality; motivational issues; “process addictions” (gambling and sex addiction); and more. *Deeper coverage of risk and protective factors across adolescent and young adult development.

Motivational Interviewing for Leaders in the Helping Professions - Colleen Marshall - 2020-07-17

Written expressly for leaders in health care and the social services, this accessible book shows how motivational interviewing (MI) can transform conversations about change within an organization. The authors demonstrate powerful ways to use MI to generate solutions and get employees and organizations unstuck, whether mentoring a staff member in a new role, addressing performance problems, or redesigning procedures or programs. Readers are guided to skilfully and ethically apply the core MI processes—engaging, focusing, evoking, and planning—in the management context. User-friendly features include reproducible worksheets, end-of-chapter self-reflection exercises, and extended case vignettes. Purchasers get access to a companion website where they can download and print these 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.

If you are looking for new ways to manage stress, improve mood, enhance creativity, increase mental focus, and sustain your overall sense of vitality in as little as 2 minutes, then this book is for you. In Genius Breaks, Dr. Suzie Carmack will teach you her easy 4-step system for designing your own mindful movement mini-breaks, so that you will know how to sneak self-care into your workday -- even if you only have 2 minutes between conference calls. Now you can learn the same system that Dr. Carmack has shared with the Pan American / World Health Organization as a keynote wellness week speaker (2013-2015), and with over 2000 corporate wellness programs, k-12 educators, clinicians and yoga teachers worldwide. Learn more about how you and your team can move to well-being and join the Genius Break community at www.DrSuzieCarmack.com

Genius Breaks - Suzie Carmack - 2017-04-29

If you are looking for new ways to manage stress, improve mood, enhance creativity, increase mental focus, and sustain your overall sense of vitality in as little as 2 minutes, then this book is for you. In Genius Breaks, Dr. Suzie Carmack will teach you her easy 4-step system for designing your own mindful movement mini-breaks, so that you will know how to sneak self-care into your workday -- even if you only have 2 minutes between conference calls. Now you can learn the same system that Dr. Carmack has shared with the Pan American / World Health Organization as a keynote wellness week speaker (2013-2015), and with over 2000 corporate wellness programs, k-12 educators, clinicians and yoga teachers worldwide. Learn more about how you and your team can move to well-being and join the Genius Break community at www.DrSuzieCarmack.com

How People Change - Timothy S. Lane - 2008-05-22

A changed heart is the bright promise of the gospel. When the Bible talks about the gift of a new heart, it doesn’t mean a heart that is immediately perfected, but a heart that is capable of being changed. Jesus’ work on the cross targets our hearts, our core desires and motivations, and when our hearts change, our behavior changes. It’s amazing to watch people who once seemed stuck in a pattern of words, choices, and behaviors start living in a new way as Christ changes their hearts.

How People Change - Timothy S. Lane - 2008-05-22

A changed heart is the bright promise of the gospel. When the Bible talks about the gift of a new heart, it doesn’t mean a heart that is immediately perfected, but a heart that is capable of being changed. Jesus’ work on the cross targets our hearts, our core desires and motivations, and when our hearts change, our behavior changes. It’s amazing to watch people who once seemed stuck in a pattern of words, choices, and behaviors start living in a new way as Christ changes their hearts.

Changing to Thrive - James O. Prochaska - 2016-09-01

Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Eat healthy. Exercise. Quit smoking. Cut down on drinking. Reduce stress. Changing unhealthy behaviors is easier said than done. If you’re like most of us, you have already made repeated attempts to change your lifestyle and improve your well-being without lasting success. You may attribute those failures to things like lack of motivation or the “wrong genes.” But it’s more likely that you simply don’t know how to change. This groundbreaking book by James O. Prochaska, PhD, and Janice M. Prochaska, PhD, guide you through a six-stage process designed to help you assess your readiness to change, then tap the inner resources necessary to thrive physically, emotionally, and socially. Backed by countless research studies, the stages of change model, developed by James Prochaska in collaboration with Carlo DiClemente, PhD, has revolutionized the field of behavior change. Through interactive exercises, Changing to Thrive will help you progress through the stages of change and learn that you have the power within to thrive.

Changing to Thrive - James O. Prochaska - 2016-09-01

Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Eat healthy. Exercise. Quit smoking. Cut down on drinking. Reduce stress. Changing unhealthy behaviors is easier said than done. If you’re like most of us, you have already made repeated attempts to change your lifestyle and improve your well-being without lasting success. You may attribute those failures to things like lack of motivation or the “wrong genes.” But it’s more likely that you simply don’t know how to change. This groundbreaking book by James O. Prochaska, PhD, and Janice M. Prochaska, PhD, guide you through a six-stage process designed to help you assess your readiness to change, then tap the inner resources necessary to thrive physically, emotionally, and socially. Backed by countless research studies, the stages of change model, developed by James Prochaska in collaboration with Carlo DiClemente, PhD, has revolutionized the field of behavior change. Through interactive exercises, Changing to Thrive will help you progress through the stages of change and learn that you have the power within to thrive.
learn to leverage your strengths to stop chasing illusions and work toward has revolutionized the field of behavior change. Through interactive exercises, Changing to Thrive will help you progress through the stages of change and learn that you have the power within to thrive.

**Leading Change** - John P. Kotter - 1996

Offers advice on how to lead an organization into change, including establishing a sense of urgency, developing a vision and strategy, and generating short-term wins.

**Leading Change** - John P. Kotter - 1996

Offers advice on how to lead an organization into change, including establishing a sense of urgency, developing a vision and strategy, and generating short-term wins.

**Stop Sabotaging Your Life** - Bruno Logreco - 2012-10-01

In Stop Sabotaging Your Life: 3 Steps To Your Full Potential, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this?: I’m not enough—good enough...smart enough...good looking enough...successful enough... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment by counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to help you reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn’t claim his book will cure everything that ails you. As he says, “There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take the steps out of your chosen box. Don’t just think outside the box—break out of it altogether.” What clients and readers are saying about life coach, mentor, and motivational speaker Bruno LoGreco: “As a divorced mother of three, I’ve encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned whether I was doing wrong on my choice of partners. I went to counseling but it did not help, I was the man. His personality exudes authenticity and genuineness. He’s truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential.” —Cristina “The world is filled with very successful executives who for decades focus every waking minute on professional accolades and professional development (only to realize they had kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned whether I was doing wrong on my choice of partners. I went to counseling but it did not help, I was the man. His personality exudes authenticity and genuineness. He’s truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential.” —Adrian “If I had to sum up my experience with Bruno in one word, it would be ‘awakened.’ Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him.… Bruno got me to step outside of my comfort zone and do things I normally wouldn’t have done otherwise, which is undoubtedly the key to growth.” —Blaine

**Becoming the Evidence-Based Manager** - Gary P. Latham - 2011-01-11

NEW 2ND EDITION WILL BE PUBLISHED JUNE 5TH, 2018 Over the past decade, the call for evidence-based management has been on the rise. Managers have become increasingly skeptical of advice that is based solely on anecdotes, otherwise known as the “art of management”; they demand, instead, proof that the management practices espoused by the authors of the field are truly effective. Becoming the Evidence-Based Manager delivers the goods, covering a wide range of critical management skills, such as hiring, inspiring, training, developing, motivating and coaching. Readers are rewarded with a thorough understanding of how to put the science of management to work for themselves and their organizations. An organizational psychologist by training and experience, author Gary Latham brings a unique perspective to the art-versus-science debate as he underscores the critical role that empirical research plays in successfully hiring and managing employees. Latham advocates using the “situational” interview style in the hiring process over the “free-flowing” one, for example, as it’s proven more effective in assessing a candidate’s skills and aptitude. Written in an accessible, conversational style, Becoming the Evidence-Based Manager delivers upon 50 years of management research, and provides front-line managers with key lessons and tips to help them put research to everyday use on the job. From hiring and training to supervising and appraising, managers and leaders will learn proven techniques for achieving high performance from their employees.

**Becoming the Evidence-Based Manager** - Gary P. Latham - 2011-01-11

NEW 2ND EDITION WILL BE PUBLISHED JUNE 5TH, 2018 Over the past decade, the call for evidence-based management has been on the rise. Managers have become increasingly skeptical of advice that is based solely on anecdotes, otherwise known as the “art of management”; they demand, instead, proof that the management practices espoused by the authors of the field are truly effective. Becoming the Evidence-Based Manager delivers the goods, covering a wide range of critical management skills, such as hiring, inspiring, training, developing, motivating and coaching. Readers are rewarded with a thorough understanding of how to put the science of management to work for themselves and their organizations. An organizational psychologist by training and experience, author Gary Latham brings a unique perspective to the art-versus-science debate as he underscores the critical role that empirical research plays in successfully hiring and managing employees. Latham advocates using the “situational” interview style in the hiring process over the “free-flowing” one, for example, as it’s proven more effective in assessing a candidate’s skills and aptitude. Written in an accessible, conversational style, Becoming the Evidence-Based Manager delivers upon 50 years of management research, and provides front-line managers with key lessons and tips to help them put research to everyday use on the job. From hiring and training to supervising and appraising, managers and leaders will learn proven techniques for achieving high performance from their employees.
A lyrical picture book debut from #1 New York Times bestselling author and presidential inaugural poet Amanda Gorman and #1 New York Times bestselling illustrator Loren Long "I can hear change humming in its loudest, proudest song. I don't fear change coming, And so I sing along." In this stirring, much-anticipated picture book by presidential inaugural poet and activist Amanda Gorman, anything is possible when our voices join together. As a young girl leads a cast of characters on a musical journey, they learn that they have the power to make changes—big or small—in the world, in their communities, and in most importantly, in themselves. With lyrical text and rhythmic illustrations that build to a dazzling crescendo by #1 New York Times bestselling illustrator Loren Long, Change Sings is a triumphant call to action for everyone to use their abilities to make a difference.

Change Sings - Amanda Gorman - 2021-09-21

A lyrical picture book debut from #1 New York Times bestselling author and presidential inaugural poet Amanda Gorman and #1 New York Times bestselling illustrator Loren Long "I can hear change humming in its loudest, proudest song. I don't fear change coming, And so I sing along." In this stirring, much-anticipated picture book by presidential inaugural poet and activist Amanda Gorman, anything is possible when our voices join together. As a young girl leads a cast of characters on a musical journey, they learn that they have the power to make changes—big or small—in the world, in their communities, and in most importantly, in themselves. With lyrical text and rhythmic illustrations that build to a dazzling crescendo by #1 New York Times bestselling illustrator Loren Long, Change Sings is a triumphant call to action for everyone to use their abilities to make a difference.

I Am David - Anne Holm - 2004

Having escaped from the eastern European concentration camp where he has spent most of his life, twelve-year-old David struggles to cope with an entirely strange world as he flees northward to freedom in Denmark. Originally published as North to Freedom. An ALA Notable Book. Simultaneous.

I Am David - Anne Holm - 2004

Having escaped from the eastern European concentration camp where he has spent most of his life, twelve-year-old David struggles to cope with an entirely strange world as he flees northward to freedom in Denmark. Originally published as North to Freedom. An ALA Notable Book. Simultaneous.

Coach the Person, Not the Problem - Marcia Reynolds - 2020-06-02

From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: helping clients recognize their interests behind their detractions on findings about acid rain, DDT, and other hazards.

Merchants of Doubt - Naomi Oreskes - 2011-05-31

Documents the troubling influence of a small group of scientists who the author contends misrepresent scientific facts to advance key political and economic agendas, revealing the interests behind their detractions on findings about acid rain, DDT, and other hazards.

Merchants of Doubt - Naomi Oreskes - 2011-05-31

Documents the troubling influence of a small group of scientists who the author contends misrepresent scientific facts to advance key political and economic agendas, revealing the interests behind their detractions on findings about acid rain, DDT, and other hazards.

Coach the Person, Not the Problem - Marcia Reynolds - 2020-06-02

From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: helping clients recognize their interests behind their detractions on findings about acid rain, DDT, and other hazards.

Merchants of Doubt - Naomi Oreskes - 2011-05-31

Documents the troubling influence of a small group of scientists who the author contends misrepresent scientific facts to advance key political and economic agendas, revealing the interests behind their detractions on findings about acid rain, DDT, and other hazards.

Coach the Person, Not the Problem - Marcia Reynolds - 2020-06-02

From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: helping clients recognize their interests behind their detractions on findings about acid rain, DDT, and other hazards.
influenced by that organizational setting, whether the setting be a university, a local authority or a business. Responding effectively within this organizational context is a key theme that runs through this text. Library management is concerned with managing collections, people, services, resources, information and finance, but managers also need to work beyond the confines of the library. They need to understand and influence their environment, to respond to the power and politics of a situation, to critically consider how their thinking affects their goals. Reynolds cites the latest brain science to show why reflective inquiry works and provides strategies, tips, and structures for creating breakthrough conversations. This book will free coaches from the cult of asking the magical question by offering five essential practices of reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unravel the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients are safe, seen, and valued who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

Managing Information Services - Sue Roberts - 2004

This sophisticated primer draws together in an accessible form the principles of management as they need to be understood by library and information professionals. Written by a practising library manager and a management academic, the text introduces and applies the latest brain science to show why reflective inquiry works and provides techniques, tips, and structures for creating breakthrough conversations. This book will free coaches from the cult of asking the magical question by offering five essential practices of reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unravel the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients are safe, seen, and valued who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

How to Change Your Mind - Michael Pollan - 2019-05-14

Polian keeps you turning the pages . . . cleared-eyed and assured. -- New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief for people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising line of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan’s "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.
1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.