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St. Luke's-Roosevelt Physician Authors
Clinical Guide on Motivation and Change

New York, NY (June 8, 2010) Petros Levounis, M.D., M.A., Director of the Addiction Institute of New York at St. Luke's and Roosevelt Hospitals recently authored a new practical guide for clinicians titled *Handbook of Motivation and Change: A Practical Guide for Clinicians*. The handbook serves as a guide for clinicians on Motivational Interviewing, a directive, client-centered counseling style that is focused, goal-directed, and intended to elicit behavior change by helping clients explore and resolve ambivalence.

The handbook compiles the expertise of more than 20 practitioners of different psychotherapies who employ motivational work. It features a collection of case studies punctuated by movie references that illustrate discussed concepts, practical suggestions for treatment and trainee supervision, summary key points and multiple-choice questions for readers. The text focuses on interventions ranging from psychopharmacology to support groups, discusses the challenges of treating patients at various stages of their lives, examines how motivational work can change the culture of an organization and discusses the evidence base of this effective and compelling therapy.

Although the concept of motivational interviewing evolved from experience in the treatment of problem drinkers, *Handbook of Motivation and Change* readers can flexibly apply this approach to address patients' issues of motivation and change outside the context of substance abuse. And since many physicians are looking for ways to motivate their patients to change unhealthy behaviors, the guide reaches beyond the general psychiatrist with appeal to family practitioners, internists, pediatricians, medical students and allied health professionals providing expert insight and information about how they can meet their patients' needs amidst the real challenges of motivation and lasting change.

Handbook of Motivation and Change is available on www.amazon.com and www.appi.org.

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