

**MELANIE M. IARUSSI**

**INTEGRATING  
MOTIVATIONAL  
INTERVIEWING AND  
COGNITIVE BEHAVIOR  
THERAPY IN CLINICAL  
PRACTICE**

**ROUTLEDGE**



# **Integrating Motivational Interviewing and Cognitive Behavior Therapy in Clinical Practice**

Melanie M. Jarussi



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**"Iarussi offers a timely and comprehensive text that impressively situates the integration of MI and CBT in psychotherapy. Case examples, practice exercises, and annotated transcripts engage the reader in a joint excursion of the four options for MI and CBT integration. A centerpiece of this work is the application of an integrative method with diverse populations. Iarussi provides feasible recommendations for resolving potential dilemmas in today's practice settings. A highly useful text for students and practitioners alike."**

Cynthia J. Osborn, PhD, Professor of Counselor Education and Supervision, Kent State University, Ohio, USA

**"Written with the practitioner in mind, Dr. Iarussi outlines in superb detail how to properly integrate two of the most well-researched counseling approaches: MI and CBT. Readers will find a firm grounding in each approach, followed by a treasure trove of applications to enhance their practice. With increasing calls for therapeutic integration, I cannot think of a timelier and more relevant resource on MI and CBT."**

Todd F. Lewis, PhD, Professor of Counselor Education at North Dakota State University, USA

**"In this book's preface, Melanie Iarussi promises an integration of two popular, evidenced-based approaches to counseling in clinical settings. She succeeds admirably! Her integration provides clinicians with a fresh, practical perspective of MI and CBT that encourages creative new approaches to working with mental health issues. This is a great addition to any mental health practitioner's library!"**

Charles F. Gressard, PhD, LPC, NCC, Chancellor Professor of Education at the College of William and Mary, Virginia, USA

*Integrating Motivational Interviewing and Cognitive Behavior Therapy in Clinical Practice* shows counseling and other mental 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, and correctional settings. Written in a clear and applicable style, the text features case studies, resources for skill development, and "Voices From the Field" sections, as well as chapters devoted to specific topics such as depression, anxiety, and more.

Building on foundational frameworks for integrative practice, this is a valuable resource for counseling and psychotherapy practitioners looking to incorporate MI and CBT into their clinical practices.

**Melanie M. Iarussi, PhD**, is an associate professor in the Department of Counseling at Nova Southeastern University, Florida, USA. She is a member of the Motivational Interviewing Network of Trainers, and she routinely teaches and presents on MI and CBT, including on empirical findings related to this integrated practice.

## CBT/MOTIVATIONAL INTERVIEWING

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