
Recommended Reading and Additional Resources

Clinical Descriptions

- Edwards, G., and Orford, J. A plain treatment for alcoholism. *Proceedings of the Royal Society of Medicine* 70:344–348, 1977.
- Egan, G. *The Skilled Helper: A Model for Systematic Helping and Interpersonal Relating*. 2nd ed. Monterey, CA: Brooks/Cole, 1982.
- Ivey, A. *Intentional Interviewing and Counseling*. Monterey, CA: Brooks/Cole, 1982.
- Miller, W.R. Motivational interviewing with problem drinkers. *Behavioural Psychotherapy* 11:147–172, 1983.
- Miller, W.R. Increasing motivation for change. In: Hester, R.K., and Miller, W.R., eds. *Handbook of Alcoholism Treatment Approaches: Effective Alternatives*. New York: Pergamon Press, 1989. pp. 67–80.
- Miller, W.R., and Jackson, K.A. “Not listening” and “Listening.” In: *Practical Psychology for Pastors*. Englewood Cliffs, NJ: Prentice-Hall, 1985. pp. 31–59.
- Miller, W.R., and Rollnick, S. *Motivational Interviewing*. New York: Guilford Press, 1991.
- Miller, W.R., and Sanchez, V.C. Motivating young adults for treatment and lifestyle change. In: Howard, G., ed. *Issues in Alcohol Use and Misuse by Young Adults*. Notre Dame, IN: University of Notre Dame Press, in press.
- Miller, W.R., and Sovereign, R.G. The check-up: A model for early intervention in addictive behaviors. In: Løberg, T., Miller, W.R., Nathan, P.E., and Marlatt, G.A., eds. *Addictive Behaviors: Prevention and Early Intervention*. Amsterdam: Swets and Zeitlinger, 1989. pp. 219–231.
- Miller, W.R.; Sovereign, R.G.; and Krege, B. Motivational interviewing with problem drinkers: II. The drinker’s check-up as a preventive intervention. *Behavioural Psychotherapy* 16:251–268, 1988.
- Sanchez-Craig, M. Brief didactic treatment for alcohol and drug-related problems: An approach based on client choice. *British Journal of Addiction* 85:169–177, 1990.
- van Bilsen, H.P.J.G., and van Emst, A.J. Heroin addiction: Motivational milieu therapy. *International Journal of the Addictions* 21:707–713, 1986.

Demonstration Videotapes

- Miller, W.R. *Motivational Interviewing*. Albuquerque, NM: University of New Mexico, 1989. Available from William R. Miller, Ph.D., Department of Psychology, University of New Mexico, Albuquerque, NM, USA 87131-1161. European format videotape available from the National Drug and Alcohol Research Centre, P.O. Box 1, University of New South Wales, Kensington, NSW 2033, Australia.
- Motivation and Change*. Set of two training videotapes available from the Addiction Research Foundation, 33 Russell Street, Toronto M5S 2S1, Ontario, Canada.
- Rollnick, S. *I Want It But I Don't Want It: An Introduction to Motivational Interviewing*. Mind's Eye Video, 1989. European format only. Available from the Department of Psychology, Whitchurch Hospital, Cardiff, Wales, United Kingdom, CF4 7XB.
- van Bilsen, H.P.J.G., and Bennet, G. *Motivational Interviewing in the Addictive Behaviours*. East Dorset Health Authority and Matakana Video Productions, 1987. Contact Gerald A. Bennett, Ph.D., 20 Newstead Road, Bournemouth, Dorset, United Kingdom BH6 3HJ.
- van Emst, A. J., van Bilsen, H. P. J. G., and Schippers, G. M. *Motivation: A Demonstration Videotape on Motivational Interviewing. Part I: Problem Drinking; Part 2: Heroin Addiction*. Audi-Visuele dienst A-faculteiten, Catholic University, Nijmegen, the Netherlands, 1986.
- Zweben, A. *Motivating the Problem Drinker for Treatment*. Toronto: Addiction Research Foundation, 1986.

References

- Alcoholics Anonymous. *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered From Alcoholism*. 3rd ed. New York: AA World Services, 1976.
- Anderson, P., and Scott, E. The effect of general practitioners' advice to heavy drinking men. *British Journal of Addiction* 87:891-900, 1992.
- Annis, H.M. Is inpatient rehabilitation of the alcoholic cost effective? Con position. *Advances in Alcohol and Substance Abuse* 5:175-190, 1985.
- Appel, C-P., and Miller, W.R. "The Self-Evaluation of Drinking." Unpublished instrument, University of New Mexico, 1984.
- Bandura, A. Self-efficacy mechanism in human agency. *American Psychologist* 37:122-147, 1982.
- Bem, D.J. An experimental analysis of self-persuasion. *Journal of Experimental Social Psychology* 1:199-218, 1965.
- Bem, D. J. Self-perception: An alternative interpretation of cognitive dissonance phenomena. *Psychological Review* 74:183-200, 1967.
- Bem, D. J. Self-perception theory. In: Berkowitz, L., ed. *Advances in Experimental Social Psychology*. Vol. 6. New York: Academic Press, 1972. pp. 1-62.

- Bergaman, J.R. *Fishing for Barracuda: Pragmatics for Brief Systemic Therapy*. New York: W.W. Norton, 1985.
- Chafetz, M.E. A procedure for establishing therapeutic contact with the alcoholic. *Quarterly Journal of Studies on Alcohol* 22:325–328, 1961.
- Chafetz, M.E.; Blane, H.T.; Abram, H.S.; Clark, E.; Golner, J.H.; Hastie, E.L.; and McCourt, W.F. Establishing treatment relations with alcoholics: A supplementary report. *Journal of Nervous and Mental Disease* 138:390–393, 1964.
- Chapman, P.L.H., and Huygens, I. An evaluation of three treatment programmes for alcoholism: An experimental study with 6- and 18-month follow-ups. *British Journal of Addiction* 83:67–81, 1988.
- Chick, J.; Lloyd, G.; and Crombie, E. Counseling problem drinkers in medical wards: A controlled study. *British Medical Journal* 290:965–967, 1985.
- Chick, J.; Ritson, B.; Connaughton, J.; Stewart, A.; and Chick, J. Advice versus extended treatment for alcoholism: A controlled study. *British Journal of Addiction* 83:159–170, 1988.
- Elvy, G.A.; Wells, J.E.; and Baird, K.A. Attempted referral as intervention for problem drinking in the general hospital. *British Journal of Addiction* 83:83–89, 1988.
- Festinger, L. *A Theory of Cognitive Dissonance*. Evanston: Row, Peterson, 1957.
- Fisch, R.; Weakland, J.H.; and Segal, L. *Doing Therapy Briefly*. San Francisco: Jossey-Bass, 1982.
- Goldstein, A.P.; Heller, K.; and Sechrest, L. *Psychotherapy and the Psychology of Behavior Change*. New York: Wiley, 1966.
- Gordon, T. *Parent Effectiveness Training*. New York: Wyden, 1970.
- Harris, K.B., and Miller, W.R. Behavioral self-control training for problem drinkers: Components of efficacy. *Psychology of Addictive Behaviors* 4:82–90, 1990.
- Heather, N.; Champion, P.D.; Neville, R.G.; and Maccabe, D. Evaluation of a controlled drinking minimal intervention for problem drinkers in general practice (the DRAMS scheme). *Journal of the Royal College of General Practitioners* 37:358–363, 1987.
- Heather, N.; Whitton, B.; and Robertson, I. Evaluation of a self-help manual for media-recruited problem drinkers: Six month follow-up results. *British Journal of Clinical Psychology* 25:19–34, 1986.
- Holder, H.D.; Longabaugh, R.; Miller, W.R.; and Rubonis, A.V. The cost effectiveness of treatment for alcohol problems: A first approximation. *Journal of Studies on Alcohol* 52:517–540, 1991.
- Janis, I.L., and Mann, L. *Decision Making*. New York: Free Press, 1977.
- Kristenson, H.; Ohlin, H.; Hulten-Nosslin, M.B.; Trell, E.; and Hood, B. Identification and intervention of heavy drinking in middle-aged men: Results and follow-up of 24–60 months of long-term study with randomized controls. *Alcoholism: Clinical and Experimental Research* 7:203–209, 1983.

- Longabaugh, R.; Beattie, M.; Noel, N.; Stout, R.; and Malloy, P. The effect of social investment on treatment outcome. *Journal of Studies on Alcohol*, in press.
- Miller, W.R. Motivation for treatment: A review with special emphasis on alcoholism. *Psychological Bulletin* 98:84–107, 1985.
- Miller, W.R. Motivation and treatment goals. *Drugs and Society* 1:133–151, 1987.
- Miller, W.R.; Benefield, R.G.; and Tonigan, J.S. Enhancing motivation for change in problem drinking: A controlled comparison of two therapist styles. *Journal of Consulting and Clinical Psychology*, in press.
- Miller, W.R., and Brown, J.M. Self-regulation as a conceptual basis for the prevention and treatment of addictive behaviors. In: Heather, N.; Miller, W.R.; and Greeley, J., eds. *Self-Control and the Addictive Behaviours*. Sydney: Pergamon Press Australia, 1991. pp. 3–79.
- Miller, W.R., and Caddy, G.R. Abstinence and controlled drinking in the treatment of problem drinkers. *Journal of Studies on Alcohol* 38:986–1003, 1977.
- Miller, W.R.; Gribskov, C.J.; and Mortell, R.L. Effectiveness of a self-control manual for problem drinkers with and without therapist contact. *International Journal of the Addictions* 16:1247–1254, 1981.
- Miller, W.R., and Hester, R.K. Inpatient alcoholism treatment: Who benefits? *American Psychologist* 41:794–805, 1986.
- Miller, W.R.; Leckman, A.L.; Delaney, H.D.; and Tinkcom, M. Long-term follow-up of behavioral self-control training. *Journal of Studies on Alcohol* 53:249–261, 1992.
- Miller, W.R., and Page, A. Warm turkey: Alternative routes to abstinence. *Journal of Substance Abuse Treatment* 8:227–232, 1991.
- Miller, W.R., and Sanchez, V.C. Motivating young adults for treatment and lifestyle change. In: Howard, G., ed. *Issues in Alcohol Use and Misuse by Young Adults*. Notre Dame, IN: University of Notre Dame Press, in press.
- Miller, W.R., and Sovereign, R.G. The check-up: A model for early intervention in addictive behaviors. In: Løberg, T.; Miller, W.R.; Nathan, P.E.; and Marlatt, G.A., eds. *Addictive Behaviors: Prevention and Early Intervention*. Amsterdam: Swets and Zeitlinger, 1989. pp. 219–231.
- Miller, W.R., and Taylor, C.A. Relative effectiveness of bibliotherapy, individual and group self-control training in the treatment of problem drinkers. *Addictive Behaviors* 5:13–24, 1980.
- Miller, W.R.; Taylor, C.A.; and West, J.C. Focused versus broad spectrum behavior therapy for problem drinkers. *Journal of Consulting and Clinical Psychology* 48:590–601, 1980.
- Nirenberg, T.D.; Sobell, L.C.; and Sobell, M.B. Effective and inexpensive procedures for decreasing client attrition in an outpatient alcohol treatment program. *American Journal of Drug and Alcohol Abuse* 7:73–82, 1980.

- Orford, J. Critical conditions for change in the addictive behaviors. In: Miller, W.R., and Heather, N., eds. *Treating Addictive Behaviors: Processes of Change*. Elmsford, NY: Pergamon Press, 1986. pp. 91–108.
- Orford, J., and Edwards, G. *Alcoholism: A Comparison of Treatment and Advice, With a Study of the Influence of Marriage*. Oxford: Oxford University Press, 1977.
- Panepinto, W.C., and Higgins, M.J. Keeping alcoholics in treatment: Effective follow-through procedures. *Quarterly Journal of Studies on Alcohol* 30:414–419, 1969.
- Patterson, G.A., and Forgatch, M.S. Therapist behavior as a determinant for client noncompliance: A paradox for the behavior modifier. *Journal of Consulting and Clinical Psychology* 53:846–851, 1985.
- Pearlman, S.; Zweben, A.; and Li, S. The comparability of solicited versus clinic subjects in alcohol treatment research. *British Journal of Addiction*, 84, 523–532, 1989.
- Persson, J., and Magnusson, P.–H. Early intervention in patients with excessive consumption of alcohol: A controlled study. *Alcohol* 6:403–408, 1989.
- Prochaska, J.O., and DiClemente, C.C. Transtheoretical therapy toward a more integrative model of change. *Psychotherapy: Theory, Research and Practice* 19:276–288, 1982.
- Prochaska, J.O., and DiClemente, C.C. *The Transtheoretical Approach: Crossing Traditional Boundaries of Therapy*. Homewood, IL: Dow Jones/Irwin, 1984.
- Prochaska, J.O., and DiClemente, C.C. Processes and stages of change in smoking, weight control, and psychological distress. In: Schiffman, S., and Wills, T., eds. *Coping and Substance Abuse*. New York: Academic Press, 1985. pp. 319–345.
- Prochaska, J.O., and DiClemente, C.C. Toward a comprehensive model of change. In: Miller, W.R., and Heather, N., eds. *Treating Addictive Behaviors: Processes of Change*. New York: Plenum Press, 1986. pp. 3–27.
- Robertson, I.; Heather, N.; Dzialdowski, A.; Crawford, J.; and Winton, M. A comparison of minimal versus intensive controlled drinking treatment interventions for problem drinkers. *British Journal of Clinical Psychology* 22:185–194, 1986.
- Rogers, C.R. The necessary and sufficient conditions for therapeutic personality change. *Journal of Consulting Psychology* 21:95–103, 1957.
- Rogers, C.R. A theory of therapy, personality, and interpersonal relationships as developed in the client-centered framework. In: Koch, S., ed. *Psychology: The Study of a Science*. Vol. 3. *Formulations of the Person and the Social Context*. New York: McGraw-Hill, 1959. pp. 184–256.
- Romelsjö, A.; Andersson, L.; Barrner, H.; Borg, S.; Granstrand, C.; Hultman, O.; Hassler, A.; Kallqvist, A.; Magnusson, P.; Morgell, R.; Nyman, K.; Olofsson, A.; Olsson, E.; Rhedin, A.; and Wikblad,

- O. A randomized study of secondary prevention of early stage problem drinkers in primary health care. *British Journal of Addiction*. 84:1319–1327, 1989.
- Sannibale, C. The differential effect of a set of brief interventions on the functioning of a group of “early-stage” problem drinkers. *Australian Drug and Alcohol Review* 7:147–155, 1988.
- Scott, E., and Anderson, P. Randomized controlled trial of general practitioner intervention in women with excessive alcohol consumption. *Drug & Alcohol Review* 10:313–321, 1990.
- Sisson, R.W., and Azrin, N.H. Family-member involvement to initiate and promote treatment of problem drinkers. *Journal of Behavior Therapy and Experimental Psychiatry* 17:15–21, 1986.
- Skutle, A., and Berg, G. Training in controlled drinking for early-stage problem drinkers. *British Journal of Addiction* 82:493–501, 1987.
- Syme, S.L. “Changing Difficult Behaviors: How to Succeed Without Really Trying.” Paper presented at a Symposium on Advancing Health Education, Mills College, Oakland, CA, Sept. 1988.
- Truax, C.B., and Carkhuff, R.R. *Toward Effective Counseling and Psychotherapy*. Chicago: Aldine, 1967.
- U.S. Congress, Office of Technology Assessment. *The Effectiveness and Costs of Alcoholism Treatment*. Washington, DC: the Office, 1983.
- Valle, S.K. Interpersonal functioning of alcoholism counselors and treatment outcome. *Journal of Studies on Alcohol* 42:783–790, 1981.
- Wallace, P.; Cutler, S.; and Haines, A. Randomised controlled trial of general practitioner intervention in patients with excessive alcohol consumption. *British Medical Journal* 297:663–668, 1988.
- Zweben, A.; Pearlman, S.; and Li, S. Reducing attrition from conjoint therapy with alcoholic couples. *Drug and Alcohol Dependence* 11:321–331, 1983.
- Zweben, A.; Pearlman, S.; and Li, S. A comparison of brief advice and conjoint therapy in the treatment of alcohol abuse: The results of the marital systems study. *British Journal of Addiction* 83:899–916, 1988.