

# 123 Live Help 53

Stuart A. Karabenick, Minna Puustinen

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)

U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

**Overcoming Problematic Alcohol and Drug Use**

Jeremy M. Linton, 2010-04-15 Overcoming Problematic Alcohol and Drug Use is a workbook for use with clients in treatment, informed by the most current research and literature in the substance abuse field. Offering a field-tested alternative to the disease model of addiction, the book introduces a six-session curriculum for treating persons with substance abuse issues and can be used as a self-help resource, or as a practice guide for human service professionals. Drawing on years of research on cognitive-behavioral therapy, the stages of change model, motivational interviewing, and solution-focused therapy, the author has put together a comprehensive and effective guide to change.

*Plone Live Michel Pelletier, Munwar Shariff, 2005*

*The Essential Guide to the Internet for Health Professionals* Sydney. S. Chellen, 2022-02-14 There is a wealth of health information on the Internet. Today's students of health studies and all health care professionals must be able to use this valuable resource and extract from it what is most relevant and useful. In order for them to do this purposefully and skilfully, they need to have a thorough understanding of how the system works and have the ability to navigate their way around it with ease. *The Essential Guide to the Internet for Health Professionals* is a superb photocopiable resource for lecturers and a self instructional guide for students. It shows students how to: get online; navigate the World Wide Web; find health information on the Internet; communicate with other health professionals; access free health and medical resources; publish on the web; use online help with health studies assignments; search for jobs. Each unit contains easy-to-follow activities and photocopiable worksheets.

**The Essential Guide to the Internet** Sydney S. Chellen, 2000 *The Essential Guide to the Internet for Health Professionals* is a superb photocopiable resource for lecturers. Each chapter contains easy-to-follow activities and photocopiable worksheets.

**Everyday Activities to Help Your Young Child with Autism Live Life to the Full** Debra S. Jacobs, Dion E. Betts, 2012 Addresses the challenges that young children with autism face and provides simple ideas, activities, and exercises that will help improve a child's sense of body awareness, coordination, motor skills, and various social challenges.

**Child Support and Alimony** , 1987

**The Virtual Student** Rena M. Palloff, Keith Pratt, 2003-03-10 *The Virtual Student* is an essential resource for online educators working with students in higher education and training

settings. The authors offer an overview of the key issues of student online learning and provide a practical guide to working with online students. The book covers a broad range of topics including learning styles, multicultural issues, evaluation, retention, and the challenging problems of plagiarism and cheating.

**After Your Divorce** Cynthia MacGregor, Robert Alberti, 2006 It's over. The divorce is final, your ex is out of your house and--mostly--out of your life. Now what? Are you ready to get on with your life? Do you have dreams, plans, skills, energy for what comes next? And will you be making it happen, or letting it happen? MacGregor and Alberti have prepared a friendly, straightforward manual of advice and suggestions that assumes every woman is capable of handling life on her own. Help for emotional recovery (MacGregor is a survivor, Alberti is a psychologist), practical matters (finances, home maintenance), dealing with your ex, helping your children to cope (we didn't divorce you ), and much, much more.

Advances in Help-Seeking Research and Applications Stuart A. Karabenick, Minna Puustinen, 2013-06-01 Research on help seeking has primarily focused on classrooms interactions that consist primarily of students asking teachers and peers for help. The rapid emergence of information and communications technologies and interactive learning environments, however, requires expanding the help-seeking landscape and rethinking such critical theoretical issues as the distinction between help seeking and information search, and whether help seeking is inevitably a social self-regulated learning strategy. There is also the need to focus attention on help seeking in the broader learning enterprise, which includes its role in the collaboration process, how to support adaptive rather than the over- or under-reliance on help seeking, as well as to scaffold help-

seeking skills that render the process more efficient and useful. To examine these and other issues, the present volume assembled contributions from internationally recognized scholars and researchers to capture the state of the art and to anticipate future developments in this expanding field. Its relevance extends to anyone attempting to understand the role of technology in education, including educational researchers and teachers who do now or who expect to use technology to support instruction, and the rapidly expanding numbers of those developing new technological applications.

**Library Services for Online Patrons** Joelle E. Pitts, Laura Bonella, Jason M. Coleman, Adam Wathen, 2019-10-16 This practical and holistic approach to offering library resources and services to online patrons addresses multiple areas of service to online patrons, including reference, instruction, access, and marketing. Academic libraries are wonderful resources for university students and faculty on campus, and public libraries thrive on providing targeted in-person services such as storytime, makerspaces, and adult programming. It can be easy, however, to forget about the large population of students, faculty, and community members who access library resources and use library services remotely. *Library Services for Online Patrons* reaches out to patrons who are not—or not always—located on campus or who seldom—if ever—visit libraries' physical facilities and who may not be aware of or able to equitably use library services. The authors focus on ways to organize library resources using principles of design and to cater library services to the specific needs of online students, faculty, and community members. They also address how to effectively target marketing to the online population and how to collaborate with campus and community stakeholders who work directly with them.

**Fortunate Son** Charles L. Ponce de Leon, 2007-08-07 The author succinctly places Elvis's life within the larger shifts that redefined the cultural landscape during the 1950s, 1960s, and 1970s, discovering in the mounting ironies of Elvis's waning success the seeds of mythology about the King that still exist.

**Model Rules of Professional Conduct** American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

**PC Mag** , 1991-11-12 PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

**Excellent Quotations for Home and School ...**  
Julia B. Hoitt, 1890

**The Twitter Book** Tim O'Reilly, Sarah Milstein, 2009-05 Provides information on using the social networking site Twitter.

**The Christian Life Profile Assessment Tool** Randy Frazee, 2005 Workbook, Source book.

**Drupal For Dummies®** Lynn Beighley, 2009-12-22

Learn to set up, manage, and administer a Drupal Web site Drupal offers unparalleled flexibility for content-managed Web sites, but most Drupal books are written for expert developers. Drupal For Dummies shows you the fast, fun and easy way to get going with Drupal, set up a site, apply templates, use modules, and more, even if you have no programming experience. Drupal For Dummies shows you how to take advantage of everything in Drupal that is ready to use, demystifying what may appear to be a complex set of tools. Drupal is a free, open source modular framework and content management system designed for content-managed Web sites Learn how to download Drupal, install the LAMP stack, and set up a site; no programming experience required Organize and create your site's content; apply templates, and get your first site up and running Use modules and third-party templates Follow plain-English instructions for site management, including making changes across the site and managing user access and privileges Drupal For Dummies is designed to help the non-programmer who simply wants to turbocharge a blog or is responsible for administering a content-managed site.

A Whole-Body Approach to Slowing Down Aging  
Liang-Che Tao M.D., 2011-04-13 AGING IS INEVITABLE. Its a complicated process, and each of us experiences it in different ways. Its difficult to pinpoint why one person ages well while another person acts and looks older. In A Whole- Body Approach to Slowing Down Aging, author Dr. Liang-Che Tao presents a self-help guide that works toward protecting your health in your senior years and reducing the risk of age-related diseases. Advocating a practical, whole-body approach, Tao discusses natural and nutritional ways of slowing, and possibly even reversing, the aging process. With the goal of living longer lives in disease-free, healthier bodies, A Whole-Body Approach to

Slowing Down Aging helps you understand the primary causes of aging; nutritional needs for optimal immune functions; wise use of antioxidants; basics of cardiovascular disease and how to prevent it; idea that osteoporosis can also be prevented; background of age-related cancer; importance of protecting the brain and keeping it healthy. Life is mortal, and our bodies are designed to last only so long. In A Whole-Body Approach to Slowing Down Aging, Tao shows that with care and maintenance, our bodies will live well beyond their warranties.

**Ebay 101** Steve Weber, 2008 Learn to recognize valuable collectibles, and avoid junk. Start part-time and expand your income when you're ready.

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