

## MI Changes

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Dear Readers,

This issue of *MITRIP* arrives hard on the heels of an important milestone in the history and development of motivational interviewing: the publication of the third edition of the foundational text on the theory, practice, and implementation of MI, William R. Miller's and Stephen Rollnick's (2013) *Motivational Interviewing*. Now subtitled *Helping People Change*, thus capturing the growth of MI from a narrowly targeted, pre-treatment intervention for alcohol problems to a broadly generalizable approach to counseling people who are considering change of almost any kind, the book is striking in that, 30 years after the first description of MI (Miller, 1983; original manuscript facsimile published as Miller, 2008), it provides a new conceptual framework ("four processes of MI") and a reorganized and expanded description of MI's underlying "spirit" that retain the essence of what came before and yet give a richer and more nuanced account of how MI is actually done.

As I see it, the import of this new development lies not only in what it offers to practitioners who wish to be able to provide MI to the clients they work with, to trainers who seek more effective ways of helping practitioners to learn the approach, and to researchers who strive to determine when and how ("whether" having already been rather convincingly demonstrated) MI "works." It also conveys a profound implicit message: that the work of refining and deepening an approach to counseling does not end even after it has been described, manualized, tested, disseminated, and (in some quarters) acclaimed; that humility and a restless spirit are the wellsprings of creativity and innovation in developing better methods for improving the lives of those who suffer; and that our eyes, as researchers and practitioners both, should always be cast toward (in the words of Miller, 2012) the "far horizon" of what we can achieve in helping people change.

### REFERENCES

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