Student Name

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Sociology

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Book Report: Motivational interviewing

**Summary of the book**

Motivational interviewing is written by Stephen Rollnick and William r. Miller and it is based on the daily life experiences of people as they have to change for good. This book spots light on the needs that people feel with time. Every individual is inspired or motivated by something in life that inculcates in him/her a feeling to advance towards the set target no matter how hard it is. In this book, both the authors claim that change is important for advancing towards the goals and it is conversation that also highlights change. For the writers of this book, conversation is the main element through which people came to know about each other and little attention towards conversation reflects different signals (reluctance, commitment or willingness) through the natural language. The conversation is not only used for communicating or conveying information from one individual to another, conversation also serves a primary function that is to motivate or influence so that they could recognize their inner strengths and use their powers for the right purposes. Conversation also influences the behavior of others i.e. if one is going to converse with others humbly when they could expect the same behavior. The central purpose of conversation is to inspire others for a change as it has been seen that consultants’ clergy, psychologist, and professionals converse about change when one seeks their help. Every individual in this world gets involved in conversation and comes to know about the change that could improve his/her life. For bringing about the desired change, motivation is the key factor. People are motivated to bringing a change in their life that would put them on the right track of life. In this work, the writers also claim that some people know that they need a change in their life but they see themselves little for bringing about that change.

**Relation with sociology**

In sociology, patterns of social relationships, interaction and everyday culture are being studied. In this book, the main concern of the writers was how conversation and desire for change impact the relations and patterns of social behavior. Sociology uses various methods for critically analyzing and investigating a body of knowledge regarding social acceptance, order, evolution, and change and after considering these points, it could be said that this book “motivational interviewing” has a direct relation with motivation which basically leads to a change. Considering all the aspects, it won’t be wrong to say that this book relates to sociology, as it deals with the change that is being induced in people so that a difference could be brought in their life. Stephen Rollnick and William r. Miller reflects a relationship between sociology and concepts that are being presented in this book and as sociology deals with changes that take place in social patterns and structure, it could be witnessed that a link exists between the social advancement and motivation. Sociology is all about society and individuals make society who changes with time and dies not to remain as same as they used to be. When people are communicating with each other they get motivated and the social order and the patterns are the main things that push them to bring a change that would stay with them for the rest of their lives. Change is one of the central elements that could be seen in both society and the individual. Motivation also has changed as the major factor that inspires people to go for a change that they believe would work in their favor.

After critically evaluating this book “Motivational interviewing”, it won’t be wrong to say that it relates to the sociology as in both things (book and sociology) one thing that remains common is the individual and change. In this book, there could be witnessed an interaction is the main thing that is need for bringing a change in other’s life. For example, for bringing a change after being inspired by someone or something, a person wants to change some of the things in his personality and motivation serve as the driving force but bringing a change interaction is a must thing. People communicate with each other and as a result of their interaction, they sense about the commitment, acceptance or willingness about a change whether a person wants to bring it in his/her life. This book relates to sociology as it spots light on the change that is the main part of the sociology as social change is crucial for society, change in the previous attitude and ways of life are very important. Helpers assist those who are advised to bring a change and they also suggest how much of a change is required.

This work relates to sociology as both of them deal with changes, one deals with change in the person and the other one deals with change in social order, structure, and function. Interaction is also a common element in both this book and sociology, due to which a relation could be found in both. In all the fields of life and particularly in a clinical trial where MI is conducted so that patients could be motivated to fight against the diseases or work hard for better mental and physical health (Hettema, pp. 91-111). A change is the clinical training has been witnessed after the publication of this book so that trainers could meet this demand for MI. Change diffuses soon and the popularity of MI grew in other fields of life as well and especially in case of the alcohol, gambling and drug addiction trainers and healthcare professionals started conducting MI so that people could be motivated for adopting the change that would ultimately benefit them.

This book relates to sociology, as in sociology; changes in patterns are concerned likewise to change in the attitude, behavior, adaptation or ways of living is desire so that one could be assured of the revolution in life. Interaction is the main factor that forces one to contact some experts who could help them in bringing about the desired change. It has been seen that in sociology, social change is brought as long terms effects i.e. revolution or change in ways of living teaches an individual how to deal with society, by adopting new things and avoiding things that need to be changed. "Motivational Interviewing" relates to sociology as both teach people who to behave in accordance with the society considering which of the things and attitudes are acceptable. This work relates to sociology as both deals with promoting the idea that one has to bring some changes in the patterns of behavior and people have to work in close collaboration with each other. Both, this work and sociology claim that the way society is organized around institutions and power structures, an individual has to change certain things in them so that they could be accepted in society. Change is the main element that develops a relationship between sociology and this work as the social environment in which people live, their personalities and circumstances change with time and they need to be motivated for adopting things that would make them fit in society.

Work Cited

Hettema, Jennifer, Julie Steele, and William R. Miller. "Motivational interviewing." *Annu. Rev. Clin. Psychol.* 1 (2005): 91-111.