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COUNSELING
AND HUMAN
DEVELOPMENT SERVICES

COUNSELORS' EXPERIENCES OF CLIENT AND COUNSELOR LANGUAGE
WHILE USING MOTIVATIONAL INTERVIEWING AND COGNITIVE BEHAVIOR
THERAPY TO FACILITATE CLIENT CHANGE (265 pp.)

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Motivational interviewing (MI) is a style of counseling that has diverse applications and can be used in conjunction with other counseling approaches, such as cognitive behavior therapy (CBT). This study used hermeneutic phenomenological method to investigate six licensed professional counselors' experiences of client language and their own language while using MI and CBT to help facilitate client change. Each participant provided an in-depth narrative account through the course of two individual interviews. Hermeneutic phenomenological analysis procedures resulted in the identification of five main themes, each with at least two sub-themes. Findings also included a therapeutic process of using MI and CBT together to facilitate client change. Findings provide an understanding of these six counselors' interpretations of client and counselor language which they used to help them make decisions about using MI and CBT together. Findings may have implications for practitioners who wish to incorporate MI and CBT into their counseling practice and for counselor educators who may wish to offer students opportunities to learn and integrate MI and CBT. Future research directions are explored and considerations of the study are presented.