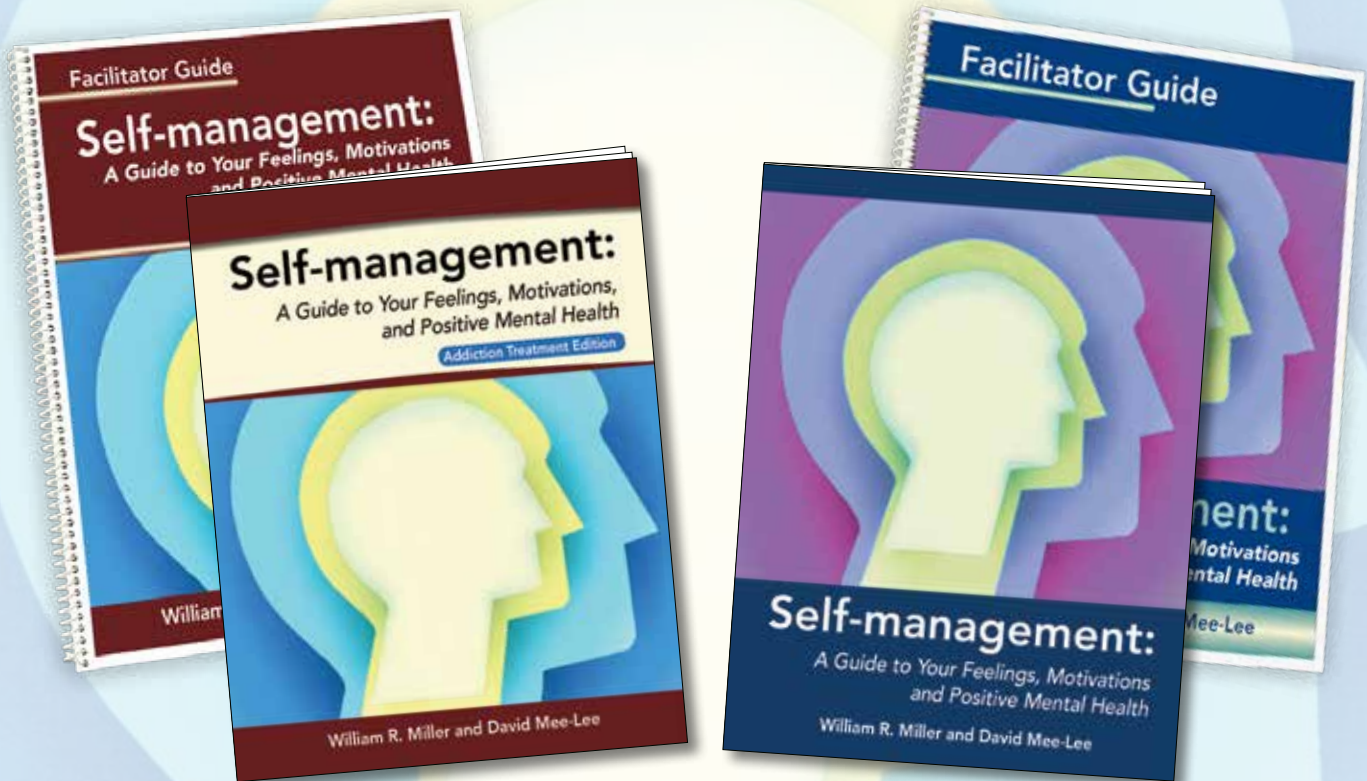


Self-management:

*A Guide to Your Feelings, Motivations
and Positive Mental Health*

by William R. Miller, PhD, and David Mee-Lee, MD



Addiction Treatment Edition

Mental Health Edition

Encouraging and empowering clients
to take an active role in their recovery



Population-specific Interactive Journals

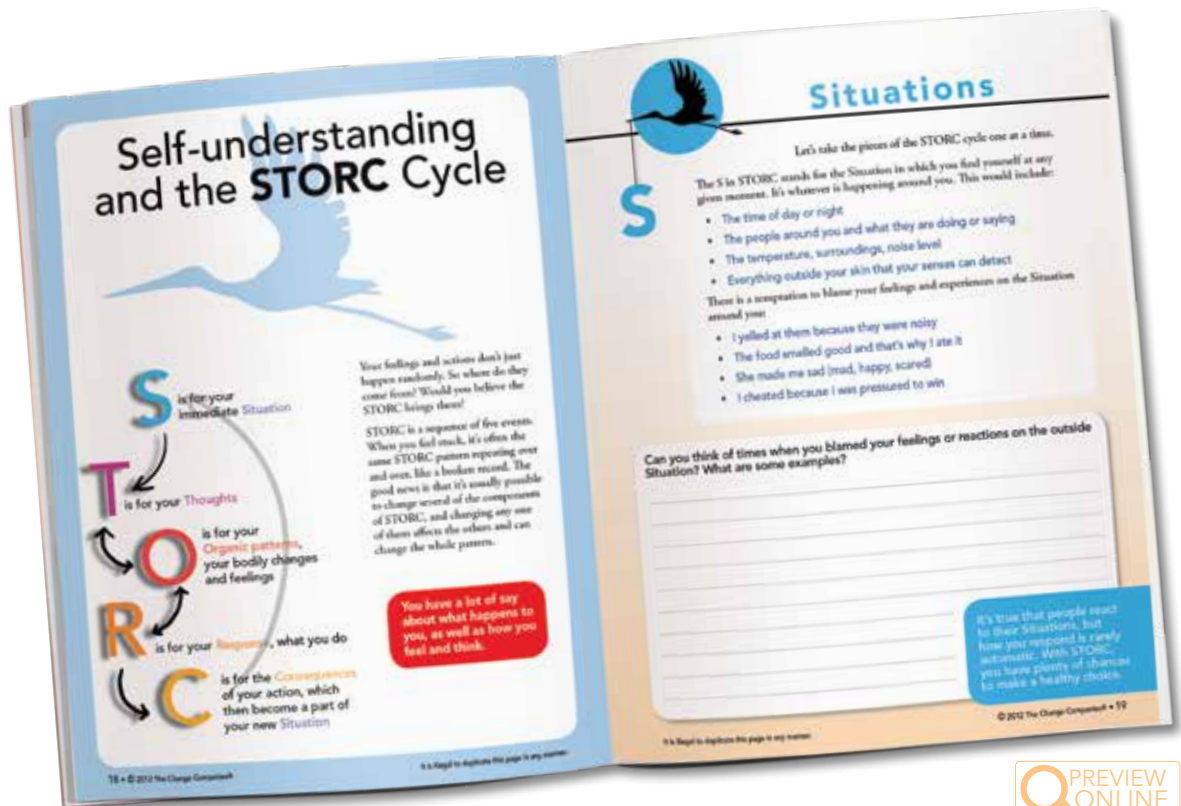
The Self-management Interactive Journal encourages individuals to become active participants in the care and maintenance of their own psychological wellness. Participant Journals have been customized for both **mental health** and **addiction treatment** populations. Features include:

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Mental Health Edition: Item # MHSM

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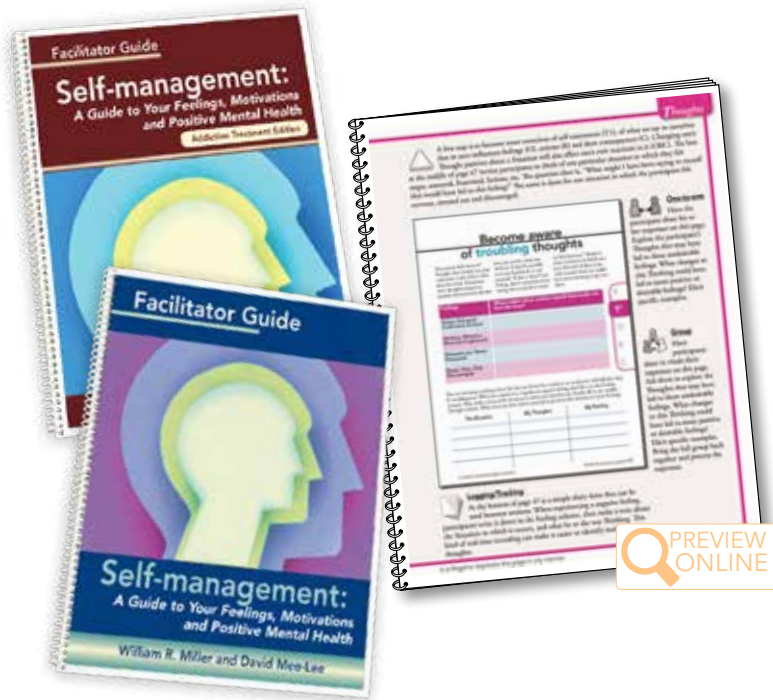
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Uniquely developed for each edition of Self-management, the Facilitator Guides offer suggestions to help service providers structure programs according to schedules and resources.



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About the Authors

William R. Miller, PhD, Senior Advisor to The Change Companies®, is the original developer of Motivational Interviewing, an internationally recognized method for helping people change by evoking their own intrinsic motivation. His research on motivation and behavior change has had a profound effect on addiction treatment, and more generally on health services. The Institute for Scientific Information lists Dr. Miller as one of the world's most cited scientists.



David Mee-Lee, MD, Senior Vice President of The Change Companies®, is a leading expert in co-occurring substance use and mental disorders with over 30 years' experience in person-centered treatment and program development. He is a Board-certified psychiatrist, is certified by the American Board of Addiction Medicine (ABAM) and is Chief Editor of *The ASAM Criteria*.





Self-management

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