

MOTIVATIONAL INTERVIEWING

Motivational Interviewing is a clinical approach that helps people with mental health and substance use disorders and other chronic conditions such as diabetes, cardiovascular conditions, and asthma make positive behavioral changes to support better health. The approach upholds the counselor as a helper in the change process along with the following four principles 1) expressing empathy and avoiding arguing 2) developing discrepancy 3) rolling with resistance and 4) supporting self-efficacy or self-belief in the fact that s/he can successfully make a change.

Motivational interviewing is a counseling style based on the following assumptions:

1. Ambivalence about substance use (and change) is normal and constitutes an important motivational obstacle in recovery.
2. Ambivalence can be resolved by working with the individual's intrinsic motivations and values.
3. The alliance between the counselor and the individual is a collaborative partnership to which both individual's each bring important expertise.
4. An empathetic, supportive, yet directive, counseling style provides conditions under which change can occur. (Direct argument and aggressive confrontation may tend to increase client defensiveness and reduce the likelihood of behavioral change.)

Resource Links:

- 1) <http://www.centerforebp.case.edu/resources/tools/mi-list>
- 2) <https://www.centerforebp.case.edu/practices/mi>
- 3) <http://www.motivationalinterviewing.org/>
- 4) http://www.nova.edu/gsc/forms/mi_rationale_techniques.pdf