

## *Motivational Interviewing Preparing People For Change*







### **Motivational Interviewing Preparing People For**

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Motivational Interviewing for Health Behavior Change (continued) Motivational Interviewing Ver 3.0 July 2013 Page 2 Do's: Express empathy; Find some success to acknowledge, give good news, provide information if needed; reflect your understanding of what they are saying, develop discrepancy and

### **Motivational Interviewing for Health Behavior Change**

Since the initial publication of this breakthrough work, motivational interviewing (MI) has been used by countless clinicians. Theory and methods have evolved apace, reflecting new knowledge on the process of behavior change, a growing body of outcome research, and the development of new applications within and beyond the addictions field.

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Motivational interviewing, first described by William Miller (1983), and later elaborated in the classic book—Motivational Interviewing: Preparing People for Change (1991, 2002, 2013)—offers a practical, common sense approach for supporting clients in making and sustaining healthy behavior changes. Originally developed in the drug and alcohol field, over 800 clinical trials demonstrate the efficacy of MI across a range of populations, target behaviors, and medical conditions.

### **Motivational Interviewing - sandiegopainsummit.com**

The first edition, Motivational Interviewing, Preparing People to Change Addictive Behavior, provided information that has helped many professionals working in addictions a way to more effectively engage clients in the process of change.

### **Motivational Interviewing: Preparing People for Change**

In Motivation Interviewing (MI), my approach would fall into the “directing” end of the continuum, which means to “prescribe” a certain course of actions to the client. The assumption is: I am the expert and I know your situation the best, you will get better as long as you follow my solution.

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