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Motivational interviewing (MI) is a counseling approach developed in part by clinical psychologists William R. Miller and Stephen Rollnick. It is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Compared with non-directive counseling, it is more focused and goal-



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directed, and departs  
from traditional  
Rogerian ...

## **Motivational interviewing - Wikipedia**

Motivational  
Interviewing (MI) is  
often recommended as  
an evidence-based  
approach to behavior  
change. However,  
definitions of MI vary  
widely, including out of  
date and inaccurate  
understandings. This

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document provides a brief summary of what MI is, what is isn't and where to go next if you are interested in learning more about this approach.

## **Understanding Motivational Interviewing | Motivational ...**

Broadly speaking, motivational interviewing is a tool that helps people change what they

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don't like about themselves. In this regard, these are things that produce a great dissonance and, therefore, displeasure. Talking with the interviewee achieves this. Through this tool, we're able to break down barriers that keep people from changing.

## **Motivational Interviewing: Helping People**

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Description of and instruction in the art of motivational

interviewing (MI) has made a significant contribution to the optimism of

practitioners treating addiction disorders.

This is the field in which MI arose 30 years ago. Its use has generalized into other health behaviour change interventions, and beyond into

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general decision  
making.

## **Motivational Interviewing: Helping People Change | Alcohol ...**

In general, the  
Motivational  
Interviewing model  
assumes the following:  
The therapist should be  
directive and help the  
client to examine any  
ambivalence they have  
regarding change. The  
motivation to change is

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drawn out from the client; it is never forced on the client.

## **Motivational Interviewing: Stages of Change - Recovery ...**

Motivational interviewing is said to be a “person-centered method of guiding to elicit and strengthen personal motivation for change.” Motivational interviewing includes strategies such as...

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Hardcover - 5 Oct.

2012 by Miller R.

William (Author),

Stephen Rollnick

(Author) 4.7 out of 5

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### **Motivational Interviewing: Helping People Change ...**

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There are four general  
principles of  
motivational

interviewing: R - resist  
the urge to change the  
individual's course of  
action through didactic  
means U - understand  
it's the individual's  
reasons for change, not  
those of the



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practitioner, that will  
elicit a change in  
behaviour

## **Motivational interviewing | Supporting behaviour change ...**

Motivational  
Interviewing is a useful  
style of interacting with  
people in counseling  
situations where the  
person may not want  
to be there & may not  
see the need for  
change. This book

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gives a very easy-to-understand & practical guide to using this style to help people build their own motivation for change.

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