

# Motivational Interviewing (Mi) For Alcohol Addiction Treatment

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Motivational Interviewing (Mi) For Alcohol Addiction Treatment can be a very effective method to help you overcome alcohol dependencies and addictions, encouraging you to take back control of your life so that you can move in the direction of health and happiness as a sober individual.

Mi is a unique and optimistic approach that uses the patient as the main source of motivation, helping to encourage a longer lasting change of opinion and habits to promote more concrete results. By creating an internal inspiration, it helps to change your thoughts and actions for good.

## What Is Motivational Interviewing (Mi) For Alcohol Addiction Treatment?

Motivational Interviewing (Mi) can be described as a **treatment** which is used to motivate patients to change their destructive behaviors themselves, promoting long lasting results that can encourage years of sobriety. The Mi technique is often utilized for alcohol addiction because low motivation levels are generally the biggest barrier that those fighting an alcohol dependency or addiction have to face.

The many health concerns and financial or social implications that come with consistent alcohol abuse go ignored for those who are suffering from alcohol addiction, so this treatment aims to encourage the patient to acknowledge these risks so that they can begin to take better care of themselves.

A therapist can help to encourage them to acknowledge and accept the dangers and implications associated with alcohol abuse and the effect this can have on them as an individual, as this should encourage them to become more inspired to change for their own benefit. It can be a bumpy process but it is so effective in the long term when pursued with commitment, as the patient is assisted with adapting their own perceptions and habits to start improving their health and well-being in the most sustainable way.

## 7 Steps Of Motivational Interviewing (Mi) For Alcohol Addiction Treatment

There are seven key steps to Motivational Interviewing (Mi) that are always present during any Mi therapy process. These include:

- Motivation coming from the patient rather than outside sources.
- The patient is the one who is responsible for moving past their own ambivalence, not the therapist.
- A patient's ambivalence can't be resolved using direct persuasion.
- The therapist gently retrieves relevant information from the patient.
- The therapist guides the patients in the right direction to recognize and release their own ambivalence.
- Accepting the need to change is a result of encouraging interaction, not a trait.
- The patient-therapist relationship should be a partnership based on the patient's unique needs.

Motivational Interviewing is a patient focused therapy pathway, which essentially means that the sole aim is to better understand what the patient themselves wants or needs instead of what their therapist may think is best for them. Such a style of therapy requires empathy, great listening skills and the ability to form strong bonds with patients that will help to create an air of trust.

## Where Can I Find Motivational Interviewing (Mi) For Alcohol Addiction Treatment?

Trusted rehabilitation centers such as **Grand Falls Recovery** provide options including Detox, Residential Treatment, Dual Diagnosis and so much more, all of which can be adapted to include Motivational Interviewing (Mi) For Alcohol Addiction.

If you or someone that you love would benefit from Motivational Interviewing (Mi) For Alcohol Addiction Treatment, then contact Grand Falls Recovery to find out more about **who we are** and **what we can do** for you.

Alcohol Addiction

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