

Motivational Interviewing (MI) For Drug Addiction Treatment

JUNE 27, 2022 – BY TAYLOR TIMOTHY



At Grand Falls Treatment Center, we offer effective drug and alcohol treatment programs for those who are looking for help for their addiction. We take addiction seriously here, and we ensure that we offer a pathway to a sustainable and long-lasting recovery for each of our clients.

We believe in everyone who comes through the doors, because they are making a conscious effort in their lives to do better for themselves. It's for this reason that we are dedicated to helping those addicted to drugs and alcohol to find a pathway to long-term recovery from addiction and we do it with all different levels of care and services.

With the help of a highly trained staff workforce, who are available 24/7, our satisfied clients and our longstanding proven track record speaks for itself. Every single person who comes to us is acknowledging that they need help, and if you are seeking addiction recovery, or your loved one is in the midst of an addiction struggle and needs our help, we are here for you.

Our Approach to Treating Addiction

At Grand Falls Treatment Center, we offer a range of approaches when it comes to treating addiction from drugs. One of our therapeutic techniques is motivational interviewing.

What is Motivational Interviewing (MI) for Drug Addiction Treatment?

This is used to address addiction face-to-face in patients by strengthening one's motivation and commitment to sobriety. When you are in the middle of battling addiction, one of the hardest things to do is overcome that lack of motivation you feel. You may want to get well, but unless your mind and your body are aligned, it's not going to work.

You know your finances are suffering, you know your health is suffering, and you know that there are social and legal consequences of your addiction. The problem is that the idea of standing alone and away from that substance is terrifying! This then results in somebody feeling a lack of motivation to get sober, because the sobriety seems to be scarier than the addiction that feels like comfort.

Developed by Dr. William R. Miller, an Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico, motivational interviewing first began in 1983. Practitioners of motivational interviewing treat motivation as an interpersonal process. Motivation is not a personality trait in this case, it's a mindset, and that means that it can be taught and encouraged in patients who have been treated for drug addiction.

The Four Processes Of Motivational Interviewing

Motivational interviewing is intended to be a therapeutic tool for addiction as well as other forms of therapy and treatment. It is not a standalone therapy, which means that patients should use this in conjunction with the time spent in a rehabilitation facility. There are four client-centered approaches and processes to help patients to identify their goals and begin to work towards them which will make them feel motivated to get well. They are as follows

Engaging

Firstly, you get to know your client and establish a trusting and respectful relationship. This relationship and engagement is going to help them to open up to you and feel as if they can trust that you are going to keep them focused.

Focusing

Next, we have focusing. This process allows you both to come to the shed idea and goal about the clients recovery.

Evoking

Evoking arguments may not sound like a good patient centered approach to motivational interviewing, but you need to bring out the clients and arguments to change. Why are they here? What do they want to achieve? These are important questions.

Planning

Lastly, we have planning. At this stage, your client is willing and able to think and imagine the change that they want to see and how they will manifest said change.

When to Use Motivational Interviewing

During recovery, motivational interviewing should be used as a method of counseling. It's especially effective for alcohol and drug addiction. Its continuous success has meant that motivational interviewing is becoming more commonly used to address gambling addictions, eating disorders, and even low self-esteem.

Why Choose Grand Falls Treatment Center

At Grand Falls, we offer a one-of-a-kind addiction treatment experience, rooted in an evidence-based, client-focused approach. We are committed to improving as many lives as we can through our staff and facility and combine detox services with psychological therapy and support to give patients the comprehensive support they need to overcome their addiction. We offer evidence-based treatment programs to help people rebuild their lives and live a life of sobriety.

Drug Addiction Treatment Motivational Interviewing

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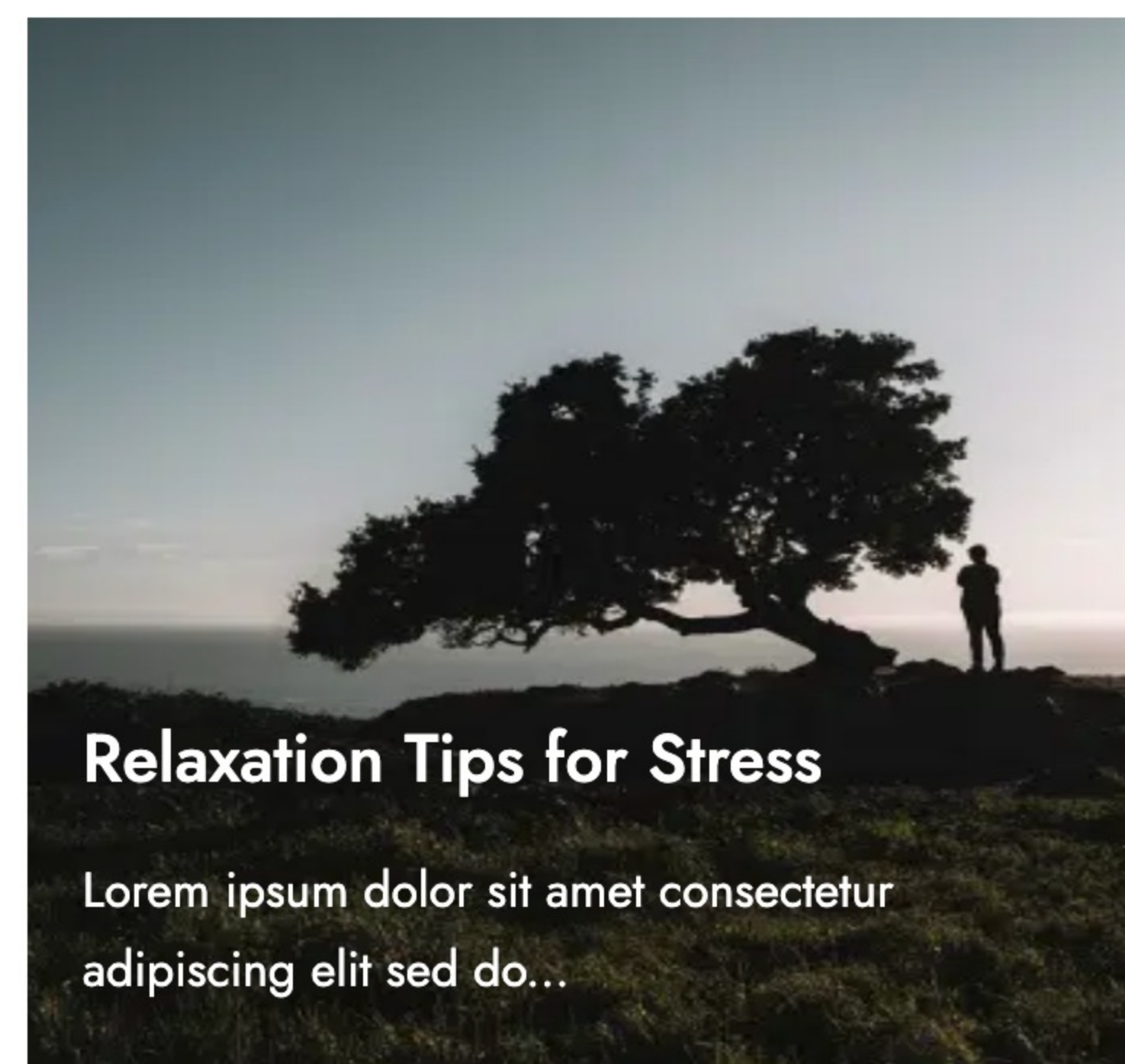
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