

# Motivational Interviewing (MI) For Substance Abuse Addiction Treatment

By The Professionals At Grand Falls Recovery Center

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The first step to recovery is admitting there is a problem. After that, there is a long road to recovery and sobriety that lasts a lifetime, in most cases. Naturally, a person must be ready to enter recovery for themselves, even when it is on the back of a family intervention event.

Whether a person enters a treatment center, or remains in the world as an outpatient, chances are they will encounter motivational interviewing. This technique was developed in the 1980s as a way to encourage individuals to identify personal recovery goals for more personal motivation.

## Causes of Addiction

Many factors lead people into addiction, environmental factors, historical factors, social factors, and more. Additionally, when someone ingests an addictive substance, the brain's reward mechanism lights up and it begins to crave more of it intensely, leading to forms of addiction.

Anyone is susceptible to addiction if they ingest addictive substances regularly. That said, some people are more prone to it than others based on their psychology, personality, or environment. For instance, teenagers are more likely to be addicted to drugs than professionals or parents.

The causes of any addiction can be complex, but they must be confronted and unpacked if the addiction is to be resolved long-term. Someone can enter [recovery for addiction](#) and resolve it but, unless they also resolve the underlying issue, the addictive behavior will emerge once again.

## Treatment Centers

A [treatment center](#) is a safe space for addiction recovery. Not only does a treatment center offer a comfortable and familiar environment to remove someone from their addiction triggers, but it also provides a host of resources, therapies, workshops, and more to ensure long-term results.

If someone in your life has an addiction issue, they have three options, they can treat their addiction as an in-patient at a treatment center and outpatient in their home, or they can attempt recovery on their own using freely available resources. Each has its advantages.

The benefit of a treatment center is its exclusivity, which is why they are so effective for serious addictions. Treatment centers take an individual away from their lifestyle, influences, and triggers and put them in a safe space to focus on their recovery using the treatment solutions.

## Treatment Solutions

[Treatment solutions](#) take many forms, including physical detox, talking therapies, workshops, courses, and motivational interviewing. Chances are an individual will undergo a selection of treatments in their time at the center. They must also continue their treatment as an outpatient.

At the start of a treatment journey, an individual will undergo physical detox to remove the addictive substances from their body and brain. The nature of detox differs depending on the substance ingested; in the case of alcohol, detox can take up to two weeks to disappear.

After the substance has been completely removed from the system, the treatment journey begins. In a treatment center, an individual works closely with therapists and groups to understand the deeper causes of addiction and how to resolve them to prevent relapses.

## Motivational Interviewing

Battling addiction is always challenging because people are working with environmental triggers in their lifestyle, as well as underlying traumas that continue to come up and move them towards substances. Motivational interviewing is a technique used to combat these issues in recovery.

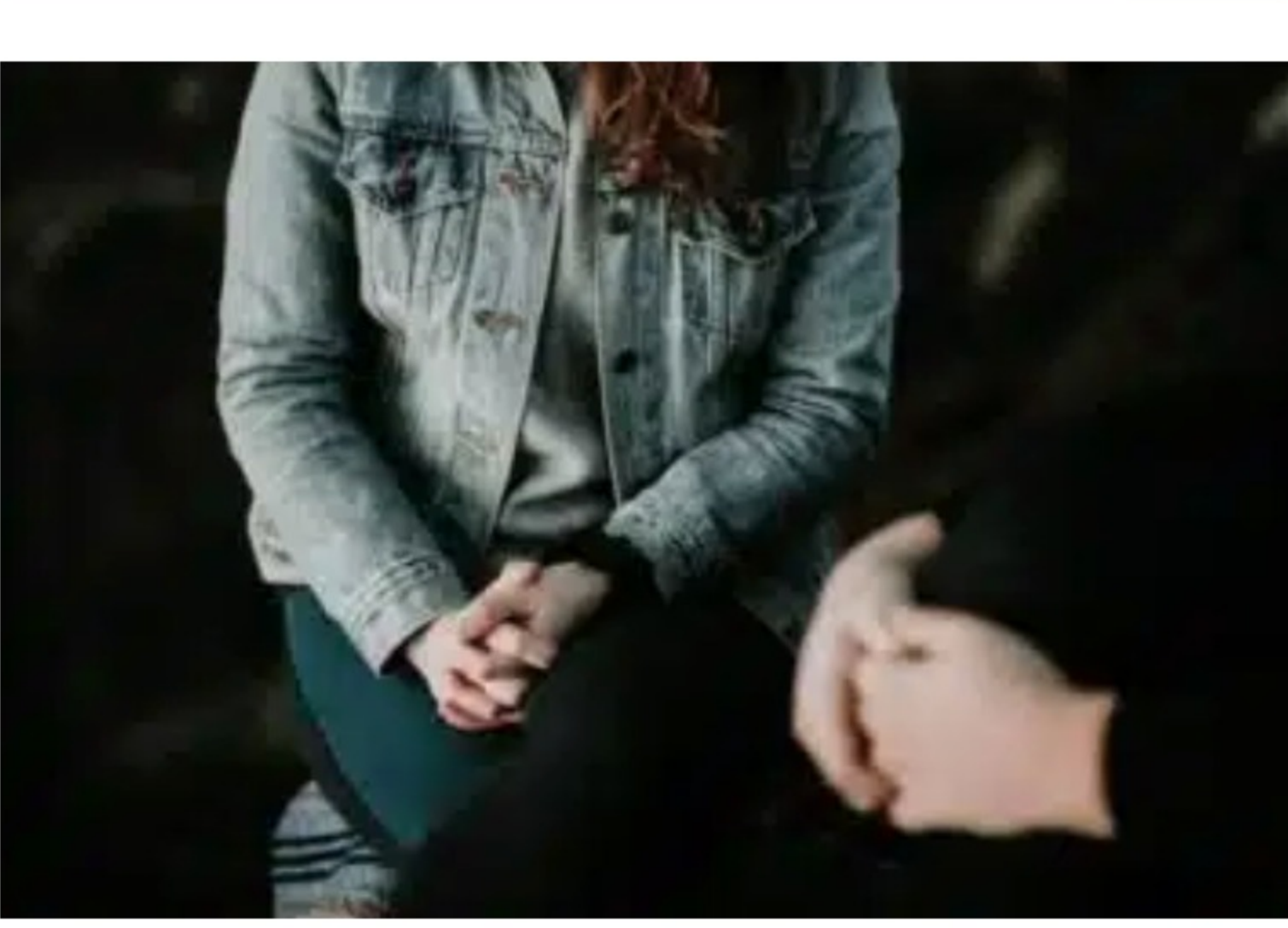
Motivational interviewing is framed as an interview rather than a therapy session. The aim of the interview is to encourage an individual to come up with their own goals for recovery rather than to have a therapist impress answers on them. This method is effective for sustained sobriety.

Whether someone is an inpatient or an outpatient, they can undergo motivational interviewing for substance abuse [addiction treatment](#). This approach is effective for all situations, but it's particularly useful for people living outside; it provides a personal framework for their success.

## Final Thoughts

When it comes to addiction recovery, there are many options. Typically, detox comes first, followed by various therapies to address the underlying issues involved. One effective treatment approach is motivational interviewing, which helps people to manage their addictions in the outside world. When they are outpatients, motivational interviewing is key to maintaining results.

People with addictions have many triggers, and situations can draw them back into addiction. At the same time, they need to find the motivation to remove themselves from these situations and stay sober. Motivational interviewing encourages addicts to identify their personal goals for drug treatment rather than having a therapist dictate what is right for them and the direction of travel.



### A Practical Guide to Motivational Interviewing in Addiction Treatment

Seeking treatment for an addiction shows immense courage. It shows that a person acknowledges they have a problem and are willing to seek help. Unfortunately,

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### Rebuilding Trust and Communication: How Addiction Treatment Centers Assist Families to Mend Relationships

Drug and alcohol addiction affects the entire family, not just an individual. It can be difficult seeing your loved one losing themselves in substance abuse

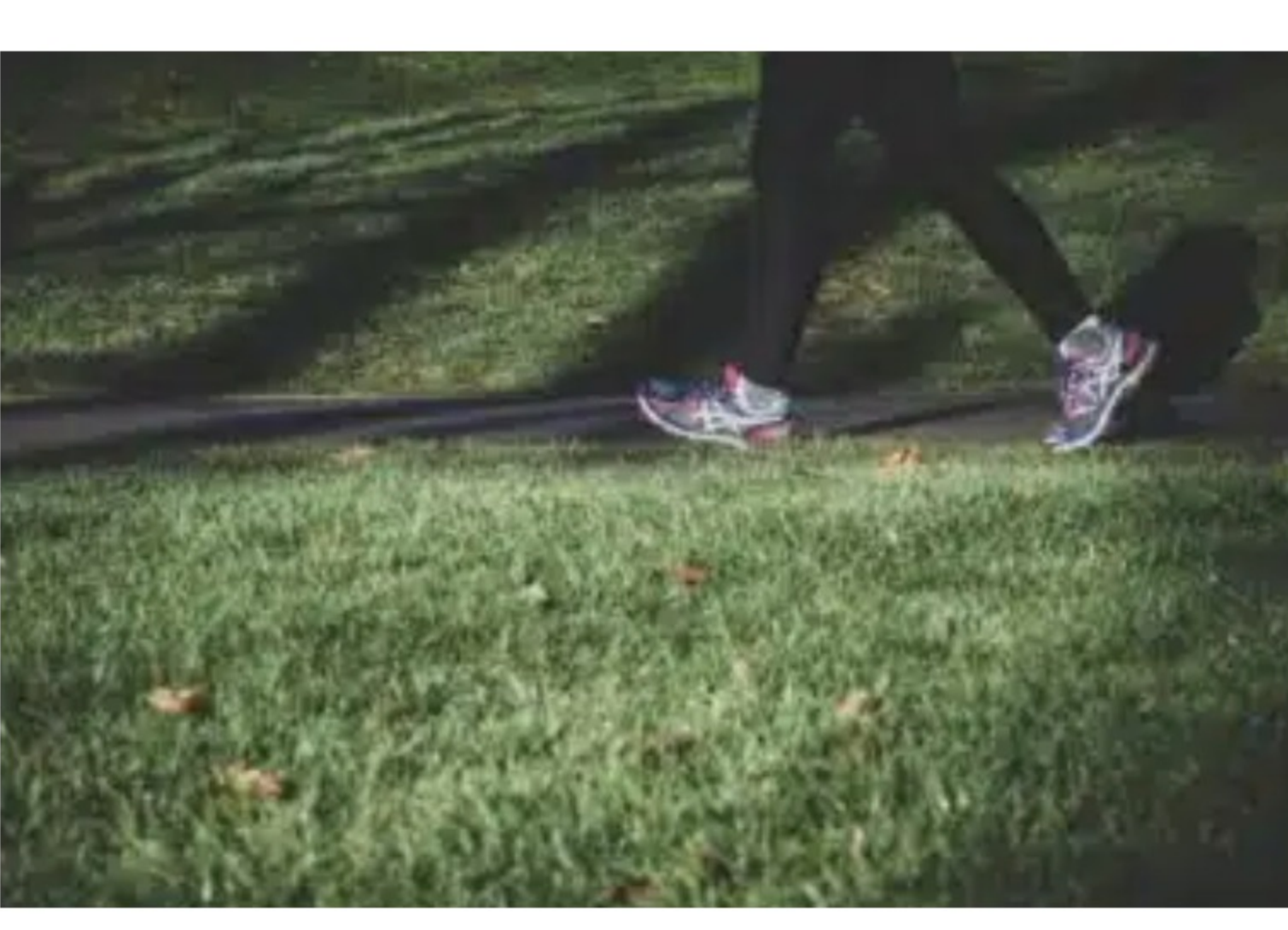
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### Supporting Partners in Addiction Treatment: How Addiction Treatment Centers Offer Resources and Help

Addiction can take a toll on more than just the person dealing with the addiction—it affects everyone in their lives. All too often, partners of

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### Healing the Mind, Body, and Soul: The Significance of Nutrition, Exercise, and Spiritual Practices in Addiction Recovery

In the world of addiction recovery it's only natural that our focus lies on gaining sobriety and dedicating ourselves to abstinence — but what about

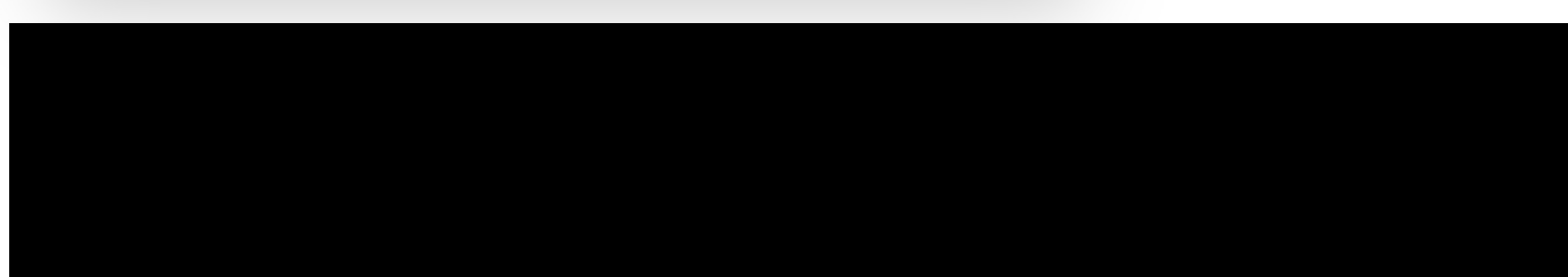
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**Get the Help You Need**

Grand Falls Center for Recovery is here to help you, or a loved one, in finding lasting recovery from drug & alcohol addiction.

**TALK TO OUR PROFESSIONALS**



**GRAND FALLS**  
Center For Recovery

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