

Motivational Interviewing (MI) For Drug Addiction Treatment – Infographic

by Grand Falls Recovery Center | Feb 1, 2023 | Addiction



Motivational Interviewing (MI) For Drug Addiction Treatment

Motivational Interviewing is used to address addiction face-to-face in patients by strengthening one's motivation and commitment to sobriety after addiction treatment.

- ✓ MI is a guiding style of communication that sits between following (good listening) and directing to empower people to change.
- ✓ MI is based on a respectful and curious way of being with people that facilitates the natural process of change and honors client autonomy.

While the principles and skills of MI are useful in a wide range of conversations, MI is particularly useful to help people examine their options when any of the following are present:

Ambivalence
is high and people are stuck in mixed feelings about change

Confidence
is low and people doubt their abilities to change

Desire
is low and people are uncertain about whether they want to make a change

Importance
is low and the benefits of changing the current situation are unclear.

Main Elements of Motivational Interviewing

Open-Ended Questions | Affirmations | Reflective Listening | Summaries

Therapists gather information by asking open-ended questions, show support and respect using affirmations, express empathy through reflections, and use summaries to group information.

The Four Processes Of Motivational Interviewing

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

Engaging

The goal is to establish a productive working relationship through careful listening to affirming strengths and support autonomy.

Focusing

To agree on a shared purpose, which gives the clinician permission to move into a directional conversation about change.

Evoking

Helps the person to build their own "why" of change through eliciting the client's ideas and motivations.

Planning

Explores the "how" of change where the MI practitioner supports the person to consolidate commitment to change and develop a plan.

Benefits of Motivational Interviewing

There are several reasons why motivational interviewing is a widely used form of mental health therapy, including:

- ✓ Building the client's self-confidence and trust in themselves
- ✓ Helping clients take responsibility for themselves and their actions
- ✓ Lowering the chance of future relapse
- ✓ Preparing clients to become more receptive to treatment
- ✓ Showing clients that they have the power to change their lives themselves
- ✓ Teaching clients to take responsibility for themselves

Motivational interviewing is especially beneficial to people who are initially resistant to starting a treatment program or who are unprepared to make the necessary life changes.

How to Get Started

If you feel that you or someone you love might benefit from this counseling approach, consider the following first steps:

Find a trained counselor.

Check with your health insurance.

Prepare for the first session.

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.



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