

Motivational Interviewing

Motivational Interviewing is a communication style that is used by behavioral health professionals, medical providers, criminal justice professionals, and others, to assist in the change process by helping a client develop internal motivation and overcome ambivalence. This is different from traditional techniques where the helping professional often tells the client what they need to do to change their lives.

Principles of Motivational Interviewing



EMPATHY



DEVELOP DISCREPANCY



AVOID ARGUMENT



SELF EFFICACY

FREE WEBINAR ON MOTIVATIONAL INTERVIEWING - DETAILS AND REGISTER AT <http://tinyurl.com/jch-mi-webinar>



Stages of Change



DISCUSS THE BENEFITS OF CHANGE

Lasting change is achieved when the helping professional and the client work together collaboratively.



DEVELOP AN ACTION PLAN



ACTION!