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Motivational interviewing : helping people change (Book ...

Motivational interviewing (MI) is a modern clinical paradigm that dialectically integrates humanistic, client-centered principles with goal-focused strategies.

MOTIVATIONAL INTERVIEWING: HELPING PEOPLE CHANGE

There are four general principles of motivational interviewing: R - resist the urge to change the individual ' s course of action through didactic means U - understand it ' s the individual ' s reasons for change, not those of the practitioner, that will elicit a change in behaviour

Motivational interviewing | Supporting behaviour change ..Page 2/4

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Motivational interviewing is a framework that was originally developed in the alcohol and other drug field by William Miller and Stephen Rollnick. The essence of motivational interviewing is that it is a collaborative, goal-oriented style of communication with particular attention to the language of change.

Motivational Interviewing: Helping People Change: 2 Day ...

Miller and Rollnick's Motivational Interviewing is an internationally recognized, emerging and empirically based method of communicating with patients about behavior change, yet the application of MI to Developmental and Behavioral Pediatrics has yet to be explored in any detail.

Motivational Interviewing: Preparing People for Change ...

Motivational Interviewing (MI) is often recommended as an evidence-based approach to behavior change. However, definitions of MI vary widely, including out of date and inaccurate understandings. This document provides a brief summary of what MI is, what is isn ' t and where to go next if you are interested in learning more about this approach.

Understanding Motivational Interviewing | Motivational ...

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Motivational Interviewing: Helping People Change | Alcohol ...

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