

Motivational Interviewing Defined: Three ways to look at it...

What's it for?

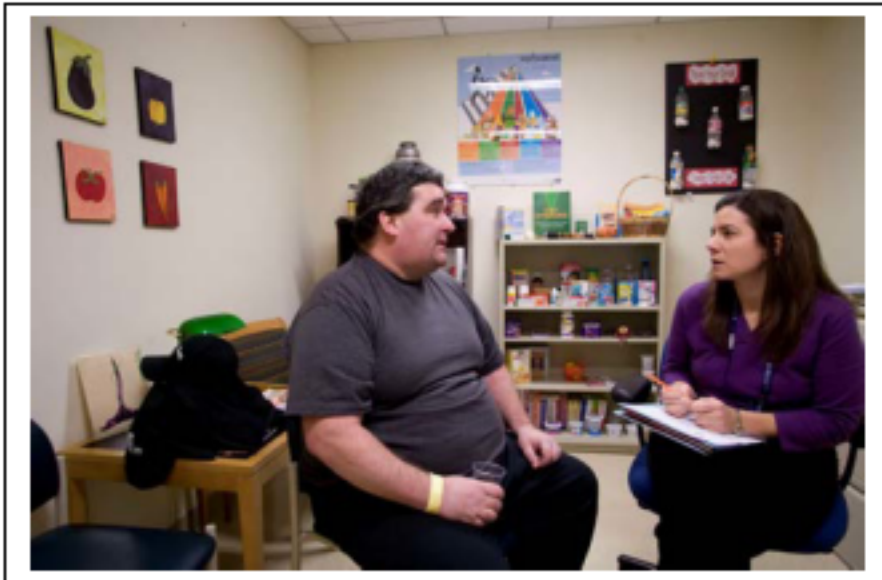
Motivational Interviewing is a collaborative conversation to strengthen a person's own motivation for and commitment to change.

Why Would I use it?

Motivational Interviewing is a person-centered method for addressing the common problem of ambivalence about change.

How Does it Work?

Motivational Interviewing is a collaborative, goal-oriented method of communication with particular attention to the *language of change*. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own argument for change.



Source: W.R. Miller & S. Rollnick;
Motivational Interviewing: Helping People Change,
Third Edition, 2012; Guilford Press.

“Deceptive Simplicity” and Motivational Interviewing:

Research conducted on how clinicians learn MI clearly indicates that it is common to think we are “doing” MI, when in reality we are not! This is because it seems logical and intuitive and, thus, appears easier than it is. MI is a complex clinical skill. Best learning outcomes are reached by participating in training at several levels including ongoing skill practice and individualized, directed feedback.

Source: Miller, Yahne, Moyers, et al.,
A Randomized Trial of Methods to Help Clinicians Learn Motivational Interviewing;
Journal of Consulting and Clinical Psychology, 2004, Vol 72, No 6.