Motivational interviewing (MI) is a therapy style that utilizes empathetic, non-confrontational approaches to help people make their own realizations about their need for change. MI is centered in active listening through which the therapist serves as a facilitator for the client’s self-directed change process. MI is based on the assumption that clients who believe that they can change do so, and “those who are told that they are not expected to improve do not.”

People are better persuaded by the reasons they themselves discovered than those that come into their head. MI is a flexible approach that can be applied to almost any problem. MI is a research-validated therapy style that helps clients to move forward and engage in behavior change.

Motivational interviewing techniques are widely used in clinical practice, education, and research. They are particularly effective in the context of weight management, where clients are often resistant to making changes and need to be motivated to take action. MI is highly practical and can be easily applied in a wide range of settings, including clinics, hospitals, schools, and community centers.

Motivational interviewing techniques can be used to help clients overcome barriers to change, such as negative self-talk, fear of failure, and lack of motivation. MI is also effective in promoting healthy behaviors, such as exercise and healthy eating. In addition, MI can be used to help clients identify and prioritize their goals and create a plan for achieving them.

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