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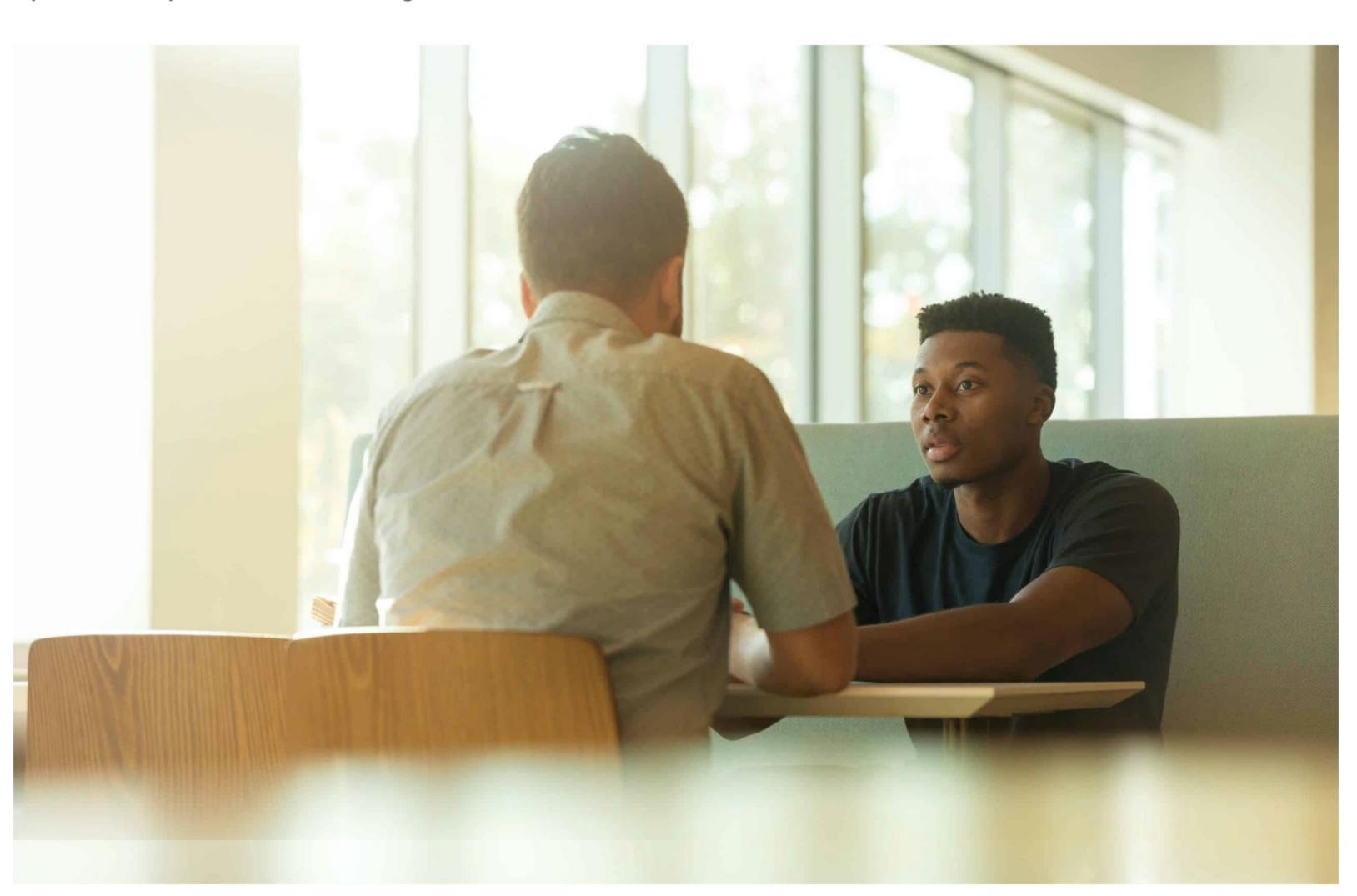
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Motivational Interviewing (MI) For Substance Abuse Addiction Treatment

by Evolve Indy | Jun 20, 2022 | Blog | 0 comments



Motivational Interviewing (MI) is a client-centered counseling style often used to treat substance abuse addiction. MI helps clients explore and resolve ambivalence about change. It is a collaborative process that involves the therapist and client working together to identify and resolve barriers to change.

Motivational Interviewing is an effective treatment for substance abuse addiction and can be used in conjunction with other forms of treatment, such as Cognitive Behavioral Therapy (CBT) or 12 Step Programs.

Our Mission to Help With Addiction

It is simple: to help those who struggle with substance abuse, regardless of their situation.

The first step in any change is admitting that a problem exists, and that's why we offer a confidential assessment to help you determine what level of care is right for you.

Our compassionate staff will work with you to develop an individualized treatment plan that fits your unique needs and goals.

We offer several different levels of care, including:

- D t . . ! (' - . t ' . .
- DetoxificationResidential Treatment
- Partial Hospitalization
- Intensive Outpatient
- Outpatient Program

What Is Motivational Interviewing?

Motivational interviewing (MI) is a clinical approach that attempts to move an individual away from a state of indecision or ambivalence and towards a commitment to change. It is designed to elicit behavior change by helping people explore and resolve ambivalence.

Motivational interviewing is a directive, client-centered counseling style for eliciting behavior change by helping clients to investigate and resolve ambivalence. Motivational interviewing, developed in the 1980s by clinical psychologist J. Miller, is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.

The key elements of motivational interviewing include:

- Expressing empathy
- Developing discrepancy
- Avoiding argumentation
- Roll with resistance
- Support self-efficacy.

Motivational interviewing is based on the premise that ambivalence – not unwillingness – is the primary reason people fail to change. When we try to argue someone into changing, we usually reinforce their resistance. Motivational interviewing is a way of being with someone that respects their autonomy and recognizes that change is hard. It is not a technique to be used on people; it is a way of interacting with them.

How Can Motivational Interviewing Help People Who Struggle With Substance Abuse?

Substance abuse is a severe issue that Motivational Interviewing (MI) can help address. MI is a counseling style that builds on a person's motivation to change their behavior. It's an effective treatment for substance abuse because it helps people explore and resolve ambivalence about changing their drug-using behavior.

When Motivational Interviewing is used in substance abuse treatment, it helps people:

- Examine their beliefs about drug use
- Clarify their goals for change
 Develop a plan for change
- Develop a plan for changeTake action to change their behavior

Motivational Interviewing is an evidence-based counseling style that effectively treats substance abuse. If you or someone you know is struggling with drug addiction, Motivational Interviewing can help.

Evolve Indy specializes in Motivational Interviewing and offers a variety of treatment programs that can meet your needs. We offer partial hospitalization, intensive outpatient, and outpatient programs designed to help you overcome addiction and live a healthy, drug-free life.

If you're ready to take the first step toward recovery, contact us today. We'll work with you to create a treatment plan that meets your unique needs and helps you achieve your goals for recovery. Motivational Interviewing can help you overcome addiction and build a better life.

How To Know If You Need Our Help

If you're reading this, you or someone you love is likely struggling with addiction. Maybe you've tried to quit on your own but found that you can't. Or perhaps you're not sure if you're ready to get help, but something has to change.

You might be wondering if our Motivational Interviewing (MI) For Substance Abuse Addiction Treatment program is right for you. Of course, the best way to find out is to come in for a free consultation. But in the meantime, here are some signs that our program could be a good fit:

- You've tried to quit on your own but haven't been successful
- You want to get to the root of your addiction and address the
- You want to get to the root of your addiction and address the underlying causes
 You want to learn healthy coping strategies for dealing with stress and triggers
- You want to build a support system of like-minded people who understand what you're going through

If any of this sounds familiar, we encourage you to reach out. Our Motivational Interviewing (MI) For Substance Abuse Addiction Treatment program has helped countless people overcome addiction and build a foundation for lasting recovery. And we can help you too.

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Call us at: 1-855-495-1063

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Offering Evidence-Based
Treatment for Substance
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