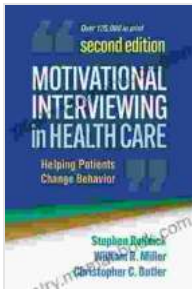


Helping Patients Change Behavior: Applications of Motivational Interviewing

Changing behavior is a challenging task, especially when it comes to health-related behaviors. Many patients struggle to make and maintain lifestyle changes that can improve their overall health and well-being. Motivational interviewing (MI) is a counseling approach that has been shown to be effective in helping patients change behavior and achieve their health goals.



Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing) by Stephen Rollnick

★★★★☆ 4.7 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
File size : 1711 KB
Screen Reader : Supported
Print length : 225 pages



What is Motivational Interviewing?

MI is a collaborative, patient-centered counseling approach that helps individuals explore and resolve ambivalence about behavior change. MI practitioners focus on building rapport and trust with patients, and using open-ended questions to encourage patients to talk about their motivations and concerns.

MI is based on the following four principles:

1. Express empathy and understanding.
2. Help patients identify and explore their own motivations for change.
3. Help patients develop a plan for change that is realistic and achievable.
4. Support patients as they work towards their goals.

Applications of Motivational Interviewing

MI can be used to help patients change a variety of health-related behaviors, including:

- Smoking cessation
- Alcohol and drug abuse
- Weight loss
- Diet and exercise
- Medication adherence
- Chronic disease management
- Mental health

MI has also been shown to be effective in improving patient outcomes in a variety of healthcare settings, including:

- Primary care
- Specialty care

- Inpatient and outpatient treatment
- Health promotion programs

How Motivational Interviewing Works

MI works by helping patients to:

- Understand their own motivations for change.
- Identify and overcome barriers to change.
- Develop a plan for change that is realistic and achievable.
- Build self-confidence and motivation.
- Maintain their motivation over time.

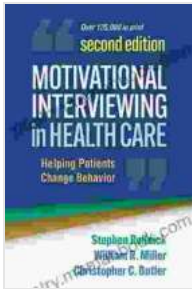
Benefits of Motivational Interviewing

MI has a number of benefits for patients, including:

- Increased motivation to change.
- Improved self-efficacy.
- Reduced ambivalence about change.
- Greater satisfaction with treatment.
- Improved health outcomes.

MI is an effective counseling approach that can help patients change behavior and achieve their health goals. MI is based on the principles of empathy, collaboration, and patient-centered care. It has been shown to be effective in a variety of healthcare settings and for a variety of health-

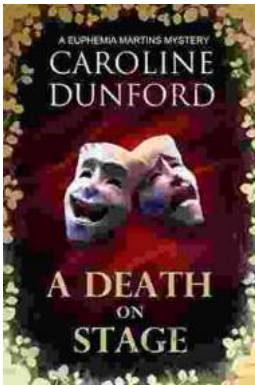
related behaviors. If you are struggling to change a health-related behavior, talk to your doctor about whether MI might be right for you.



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