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Motivational Interviewing Manual - JCJC Revealing This Discrepancy, The Individual Can Resolve Their Ambivalence Toward

Change, And Tap Into Their Motivation For Change. “Verbalized Intention Results In An Increased Probability Of Behavior Change, Particularly When It Is Combined With A Specific Plan For Implementation” (Hettema, Steele, & Miller, 2005). Jan 4th, 2024 Understanding Motivational Interviewing Interviewing: Helping People To Change Rd(3 Edition). Key Qualities Include: • MI Is A Guiding Style Of Communication, That Sits Between Following (good Listening) And Directing (giving Information And Advice). • MI Is Designed To Empower People To Change By Drawing Out Their Own Meaning, Importance And Capacity For Change. Feb 10th, 2024 Motivational Interviewing For Health Behavior Change Motivational Interviewing For Health Behavior Change (continued) Motivational Interviewing Ver 3.0 July 2013 P A G E 2 Do’s: Express Empathy; Find Some Success To Acknowledge, Give Good News, Provide Information If Needed; Reflect Your Understanding Of What They Are Saying, Develop Discrepancy And Feb 10th, 2024.

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