

# Motivational Interviewing (Mi) For Substance Abuse Addiction Treatment

by Robert Alexander Center | Sep 30, 2022 | Blog



If you or a loved one is struggling with addiction then you may be wondering how to get help and what may be the most promising course of action. One effective form of substance abuse addiction treatment is motivational interviewing (Mi).

Take the time to learn more about motivational interviewing (Mi) for substance abuse addiction treatment so you can determine if it's the right solution for you or not. Here you can get a better understanding of what it is and how it can help with substance abuse issues.

## What is Motivational Interviewing?

Dr. William R. Miller, an Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico developed the technique in 1983. Mi is a therapeutic technique that can [address addiction](#) by strengthening a patient's motivation and commitment to a specific goal. In this case, the goal would be sobriety. The foundation for it is the idea that motivation is a mindset that can be taught and encouraged.

Lack of motivation is one of the biggest challenges to overcome when you're battling addiction. It's usually developed when a person uses it as a coping mechanism to deal with other trauma or everyday life issues.

The thought of living without the crutch of drugs and alcohol may be intimidating to them. It may be that they think quitting will be too hard or they aren't ready and that it's not realistic to quit. This therapy can foster your ambition to get sober and guide you in overcoming any fears of uncertainty.

## Motivational Interviewing & Substance Abuse

What Mi does is enhance the internal motivation in the person to want to change. Most people assume they can [stop using drugs and alcohol](#) on their own. They may quit for some time but then lose motivation as the days pass by.

The therapy lays out the pros and cons of quitting based on what the person deems as most important. It becomes easier for change to take place once the person confronts their denial and can see a path to a new way of life. It can be most useful if you have relapsed or tried other therapies that haven't worked in the past.

## Techniques & Approach

There are four processes of motivational interviewing you should know about. The purpose of it is to inspire change in someone who may be hesitant to change and face the addiction. One can identify goals and work toward them by applying the four client-centered processes. These are as follows:

- **Engaging:** This involved getting to know the client better and establishing trust and an alliance.
- **Focusing:** Coming to an agreement about the main focus of the recovery.
- **Evoking:** Getting the client to express their own argument for change.
- **Planning:** The client can now envision the change and is willing to try to manifest it.

The person will become less defensive and less resistant to the change over time. Their thoughts will then be focused on how to move forward in the direction of making changes.

## Next Steps

If you or someone you know needs drug rehab or alcohol rehab then Mi might be a good option. Here at the Robert Alexander Center for Recovery, we'd like the opportunity to step in and help. We are a drug and alcohol rehab facility in Kentucky offering evidence-based, personalized, and supportive treatment to each and every client that walks through our doors.

We strongly believe that there is no magic approach to treating the disease of addiction. Instead, our focus remains on the individual. What we do is create unique treatment plans for each client that will help ensure they soon find long-term success in recovery from substance abuse.

We care about you and want to see you create a life worth living. You can learn more about our drug treatment and alcohol treatment programs such as [intensive outpatient](#) and [outpatient rehab](#) by visiting our website. Let today be the day you decide to make a change and take control over your addiction and take back your future.

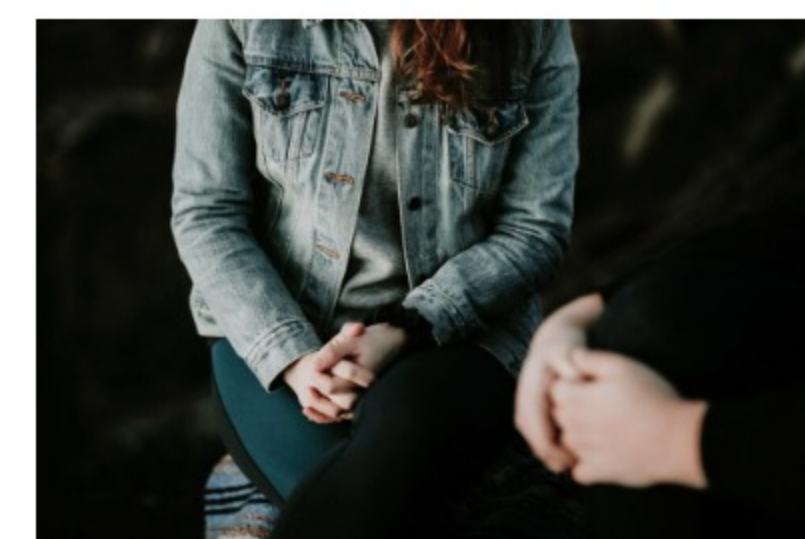
## Conclusion

Motivational interviewing for substance abuse is one way to treat addiction and offer yourself a chance to change. When you're ready to get treatment for drug or alcohol addiction then the next step is to contact a facility that can help such as the Robert Alexander Center for Recovery.

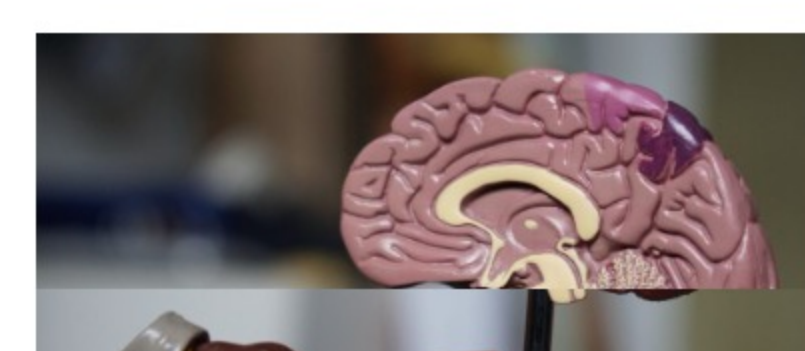
It's not something you should have to or that you should try to tackle on your own. Instead, reach out and get the help you need today so you can have a brighter tomorrow.

 Search


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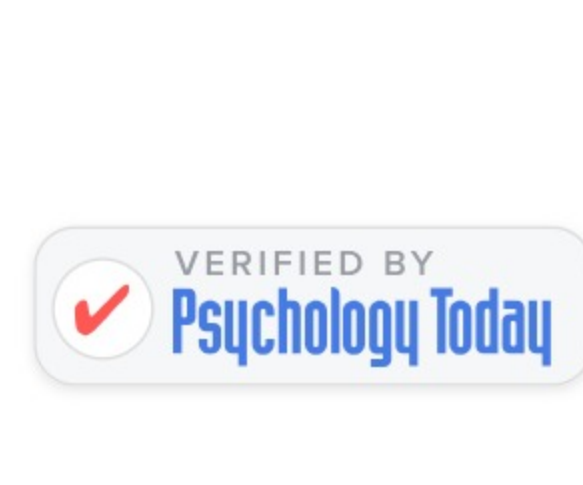
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## Key Resources

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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

### Site Map

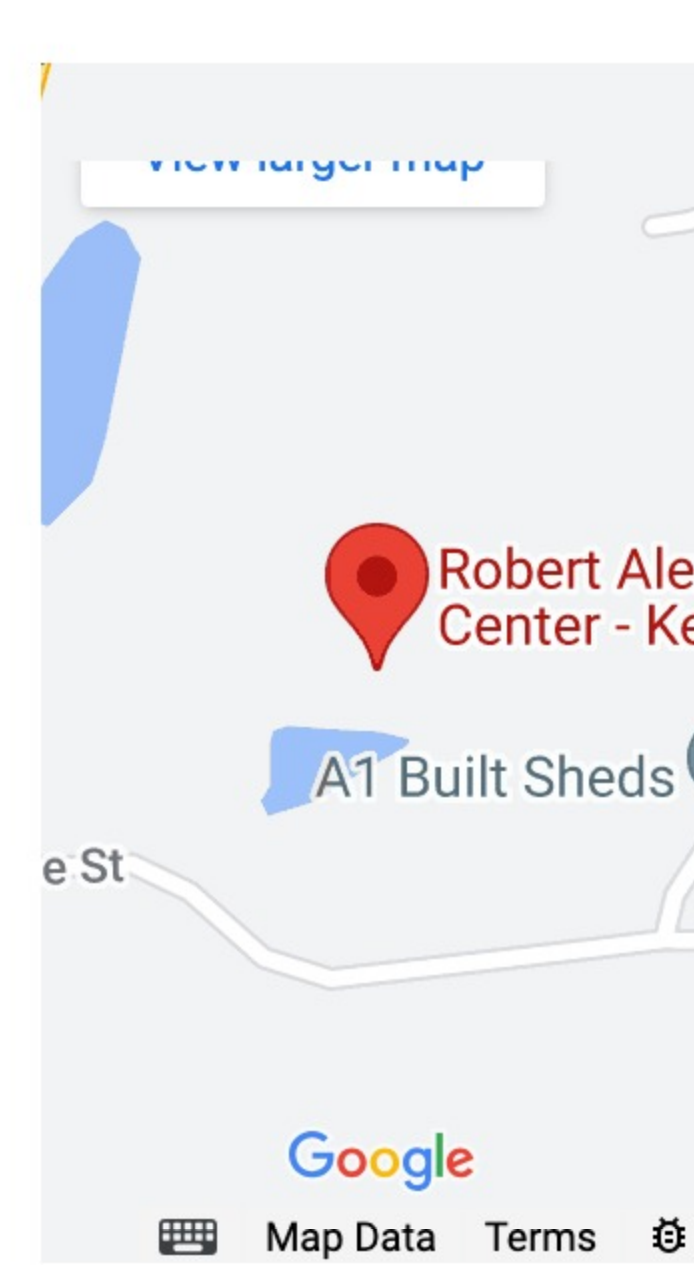
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### Treatment Solutions

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### Get In Touch

130 Hope Street  
 Mount Washington,  
 Kentucky 40047



### Addictions

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