

Motivational Interviewing (MI) For Substance Abuse Addiction Treatment

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Our treatment programs are tailored to meet the needs of our clients, and our experts at Findlay Recovery Center will provide you with the best possible care for your addiction. Our experts will provide you with the best possible care for your addiction. Our experts will provide you with the best possible care for your addiction.

We want to encourage our clients to overcome their addictions with our help and with the support of her friends and family. There are different methods that can be used for substance-abuse addiction treatment, and one of those is motivational interviewing.



We believe that each of our clients should be able to maintain sobriety for a lifetime after they have been given our help. Every single person that comes to our door and is struggling with addiction and asking for help will be cared for by the experts at Findlay Recovery Center.

Addiction can be difficult, and it can be frightening, and with the right therapies and programs you can come through it to a life of sobriety on the other side. Let's discover motivational interviewing and discuss how motivational interviewing for substance-abuse addiction treatment could work for you.

What is Motivational Interviewing (MI) for Drug Addiction Treatment?

Motivational interviewing is a therapy technique that is used to address addiction face on. Your therapist will work with you to strengthen your motivation and your commitment to your sobriety. In the midst of an addiction battle, it's hard to overcome the lack of motivation that you feel to get well. It can feel helpless, as if you won't ever get past your addiction.

You might want to get well with every fiber of your being, but unless your mind agrees with you it's just not going to work. While you can see that your health and your family are suffering, and you know that there are legal consequences of your addiction, it doesn't make it easy to step away from it. This is where motivational interviewing comes in.

Motivational interviewing first began in 1983 and was developed by Dr. William R. Miller, an Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico.

The Four Processes Of Motivational Interviewing

Motivational interviewing is something that is intended to be a therapeutic tool for addiction. It's also there to help with other forms of therapy and treatment – so it is not a standalone therapy. Motivational interviewing is not going to cure the addiction alone, in fact, it's best to use when you work with other methods. There are four specific approaches and processes used to help you to identify your goals and work towards feeling well once again, and these for client-centered processes are listed below:

Engaging

Your therapist will get to know you and work with you to establish a trusting relationship with you. This mutual respect and engagement is going to help you to open up and talk to them about your goals and what you hope to achieve through therapy. The very first process of motivational interviewing is to engage you in conversation.

Focusing

The process of focusing comes next and allows you to come to the shared idea and goals of your recovery.

Evoking

If you want to get to the next step of motivational interviewing, you'll be approached with a voting argument. It doesn't sound positive, but it's a great approach to help you to figure out what you want to achieve and while you are in therapy in the first place.

Planning

The final stage of motivational interviewing is where you are able to think and imagine the changes that you want to see within yourself. You will plan these changes with your therapist and discuss your steps towards them and how you want to achieve them.

When to Use Motivational Interviewing

Motivational interviewing is used as a method of counseling through the recovery process and works to help you to discover your personal goals and ideals about what you want beyond treatment. It's a successful way to do things and it's being used more and more for all methods of addiction treatment.

Talk to Findlay Recovery Center

Are you in the process of seeking treatment right now? The best thing that you can do is speak to us at Findlay Recovery Center. Our goal is to ensure that anybody that contacts us is believed in and supported. It is not going to be easy to come through your addiction, but with our concentrated help you can.


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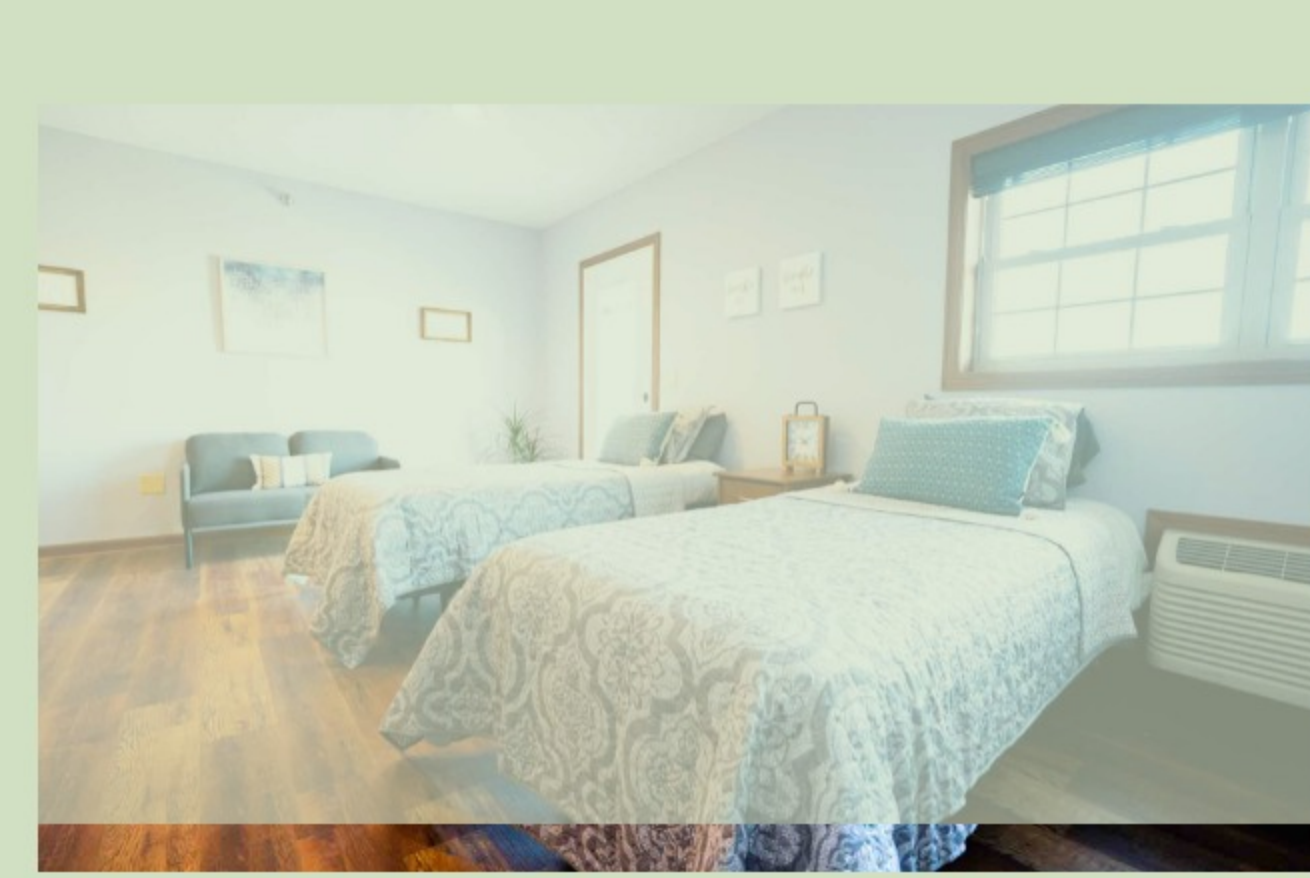
Get In Touch With Us Today

Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.



Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.



Plan Travel & Admit


Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840



1-855-605-2135



Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

Who We Are

- Tour Facility
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- Careers

Dual Diagnosis

- Depression
- Anxiety
- PTSD
- Bipolar
- Trauma

Areas We Serve

- Arkon
- Cleveland
- Columbus
- Dayton
- Toledo

Addiction Treatment

- Alcohol
- Cocaine
- Opioids
- Heroin
- Benzos

Who We Help

- Men
- Women
- Professionals
- LGBTQ
- First Responders