



Motivational Interviewing (Mi) For Alcohol Addiction Treatment

VERIFY MY INSURANCE

Motivational Interviewing, or Mi, is a counseling style often used to help people with alcohol addiction. It is based on the idea of helping people to explore and resolve their own motivations for making changes in their lives. This article will discuss how motivational interviewing works and what you can expect if you decide to undergo treatment using this approach.

Motivational Interviewing Is Based On Self Motivation

Motivational Interviewing is a counseling style that is based on the idea of helping people to explore and resolve their own motivations for making changes in their lives.

Counselors will work with you to help you understand your thoughts, feelings, and behaviors around alcohol use. They will also help you identify your goals for change and develop a plan to reach those goals. The goal of Mi is to help you increase your motivation to change your drinking behavior and achieve lasting sobriety.

One of the things that makes this different from other types of treatment is that it is not didactic. That means that the counselor will not lecture you or tell you what you should do. Instead, they will work with you to explore your thoughts and feelings about alcohol use and help you to make your own decisions about change.

Mi has been shown to be an effective treatment for alcohol addiction. It is often used in conjunction with other types of treatment, such as 12-step programs or cognitive-behavioral therapy.

What to Know About Motivational Interviewing

First, it is not a quick fix. It is a long-term process that requires commitment and effort. Second, Mi is not a "one size fits all" approach. Instead, the counselor will tailor the treatment to meet your unique needs and goals. Third, this treatment is not always comfortable. Change can be difficult, and you may feel uncomfortable at times during the process. However, the counselor will work with you to help you through these tough times.

If you are ready to make a change in your life and are willing to commit to the process, Motivational Interviewing may be a good treatment option for you. Talk to your doctor or mental health professional about whether motivational interviewing is right for you.

What to Expect During Motivational Interviewing

During Mi, you will meet with a counselor for individual sessions. The number of sessions will vary depending on your needs, but most people receive between eight and 12 sessions.

Each session will last about 45 minutes to an hour, and you will typically meet with the counselor once a week.

At the beginning of treatment, the counselor will ask you about your drinking behavior and your goals for change. They will also assess your readiness to change and develop a plan to help you reach your goals.

The counselor will work with you during each session to explore your thoughts and feelings about alcohol use. They may also provide education about addiction and recovery. As treatment progresses, the focus will shift to helping you develop and practice new coping skills.

Toward the end of treatment, the counselor will help you to develop a plan for maintaining your sobriety after treatment ends. This may include making lifestyle changes, such as avoiding triggers and situations that might lead to drinking and developing a support system of friends or family members who can help you stay on track.

Motivational Interviewing Has Shown to Be Effective

Mi is a widely used and well-researched treatment for alcohol addiction. Numerous studies have shown that motivational interviewing can help people reduce their drinking, abstain from drinking, and improve their overall health and well-being.

One study found that motivational interviewing was more effective than 12-step counseling in helping people achieve abstinence from alcohol. Another study found that motivational interviewing was associated with reduced hospitalization rates for alcohol-related problems.

Several studies have also found that motivational interviewing effectively treats other types of substance abuse, such as tobacco use, drug addiction, and eating disorders.

Reach Out To Us At Findlay Recovery Center

If you or someone you love is struggling with alcohol addiction, at [Findlay Recovery Center](#) we can help. Our team of experienced professionals offers a range of treatment options, including motivational interviewing.

To learn more about our program, [reach out to us today](#). We are here to help you on your journey to sobriety.

We Help With Drug Addiction Too

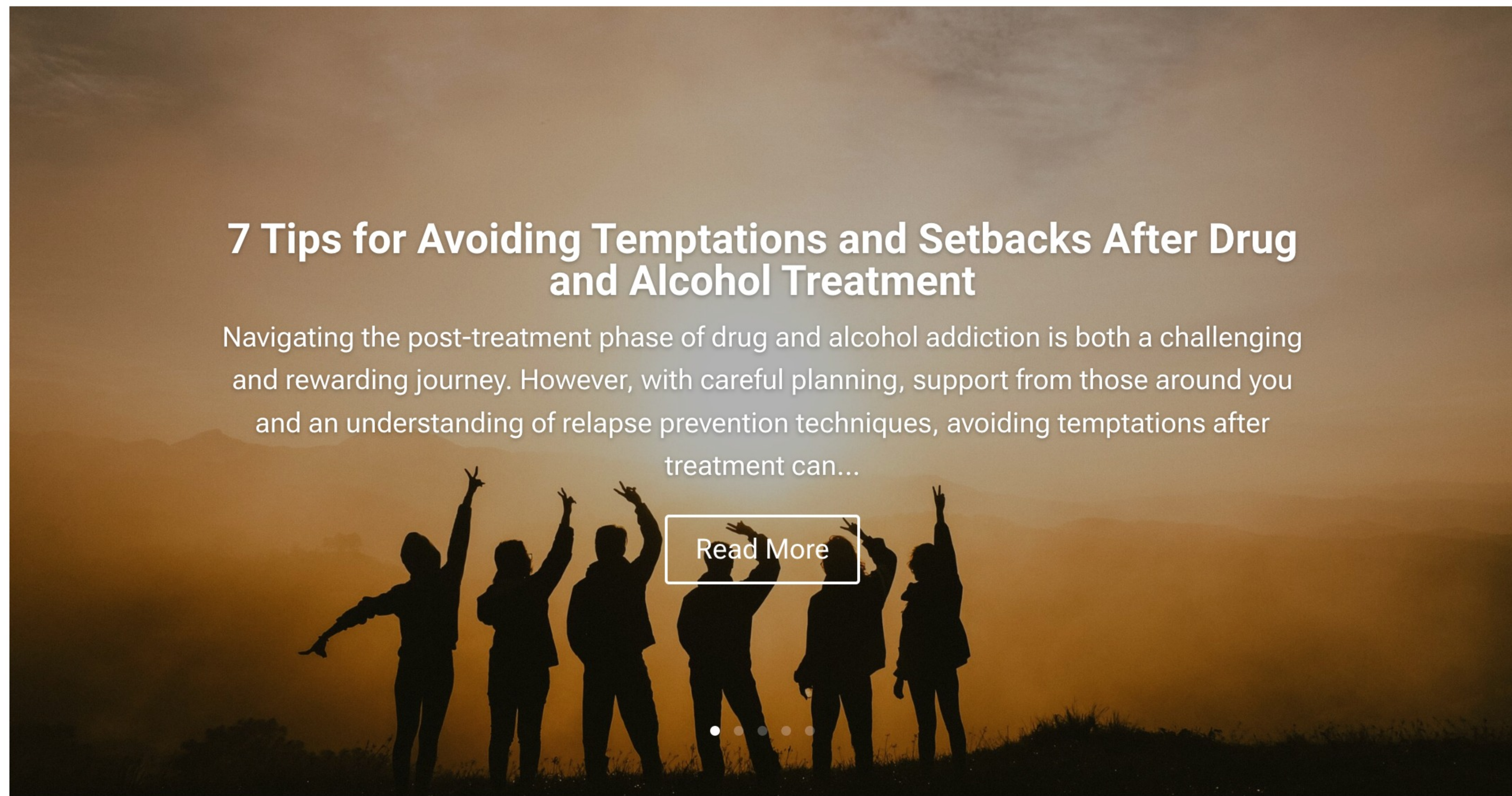
We offer motivational interviewing for alcohol addiction, but we also provide treatment for drug addiction. So if you or someone you know is struggling with substance abuse, reach out to us today. We can help.

At Findlay Recovery Center, we offer a comprehensive approach to treatment that includes motivational interviewing and other evidence-based therapies. Our goal is to help you achieve sobriety and live a healthy, happy life.

 Search

Recent Posts

- 7 Tips for Avoiding Temptations and Setbacks After Drug and Alcohol Treatment
- Exploring the Different Types of Partial Hospitalization Programs in Addiction Rehab
- The Physical Effects of Opioid Abuse and How Rehab for Substance Abuse Can Help
- Managing Trigger Situations During Rehab for Opiates
- How to Find Comprehensive Substance Abuse Treatment That Fits Your Needs as a First Responder
- Tips for Building a Sober Support System During Residential Inpatient Substance Abuse Treatment
- Exploring Supportive Housing Options for Aftercare and Sober Living Programs
- Understanding the Role of Medication Assisted Treatment in Opioid Addiction Recovery
- 6 Things to Expect When Entering a Residential Inpatient Treatment Program
- 10 Steps to Coping with Withdrawal Symptoms During Detox for Benzos



7 Tips for Avoiding Temptations and Setbacks After Drug and Alcohol Treatment

Navigating the post-treatment phase of drug and alcohol addiction is both a challenging and rewarding journey. However, with careful planning, support from those around you and an understanding of relapse prevention techniques, avoiding temptations after treatment can...

Read More



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!

VERIFY MY INSURANCE

GETTING HELP FOR ADDICTION HAS NEVER BEEN SO EASY

Get Help Now

VERIFY MY INSURANCE



Site Map

- Home
- Who We Are
- Treatment Services
- Tour Our Facility
- Admissions
- Privacy Policy

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
- Video & Media
- Lastest Articles
- 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