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# Motivational Interviewing. Counseling to Change

## Motiverende intervju. Samtaler om endring

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Motivational interviewing (MI) is a goal-oriented, client-centred form of counselling that can be used to explore and strengthen a client's intrinsic motivation to change. The counselling should result in a person deciding in favour of, and moving in the direction of, a certain result. MI is based on knowledge of how counselling can influence a person's motivation to change, despite conflicting thoughts and feelings around changing their own behaviour.

The relationship between client and helper is essential for a positive result – they must share the same goals. Both must therefore be motivated for the same change. However, it is the client's thoughts and feelings that are central. The client is the one to make decisions about his or her own life.

MI was originally developed for clinical work with clients with a substance abuse problem. However, the method can be used in many areas of treatment and rehabilitation work in which a change in problematic behaviour is desirable - in therapy, counselling and consultation within the health sector and social work. The book's authors have actively participated in the development of theory and practice of the MI method, both in Norway and internationally, especially through information activities, training and running courses.

Tom Barth (b. 1951) is a specialist in clinical psychology and since 2002 he has operated his own practice with the main emphasis on teaching, training and guidance in motivational interviewing. He has also worked with substance abuse and dependency issues at the Hjeltestad Clinic and the Bergen Clinics Foundation. Tom has written several textbooks about MI and participates actively in the professional development of this field internationally. He is a member of the Motivational Network of Trainers (MINT).

Tore Børtveit (b. 1961) is a specialist in clinical psychology and now works as part of Health Bergen's OCD team. Tore has worked with substance abuse and dependency problems for several years, most recently in adult psychiatry, and has taught motivational interviewing for a number of years. In addition to qualifying as an MI trainer, he has also undergone further training in cognitive and metacognitive therapy. He is a member of MINT.

Peter Prescott (b. 1955) is a specialist in clinical psychology and currently works as part of Health Bergen's OCD team and as a lecturer at the University of Bergen. He also teaches and supervises in cognitive therapy and motivational interviewing. He has worked with substance abuse problems and adult psychiatry and has undergone further training in cognitive and metacognitive therapy. He is a member of MINT and the Norwegian Association for Cognitive Therapy.

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