



**KANE COUNTY
MENTAL HEALTH COUNCIL**

making a difference ...together

Message of the Month

November, 2010

www.kanecountymentalhealth.org

Kane County Mental Health Council

- The Association for Individual Development
630-966-4000
- Aunt Martha's Youth Service Center
630-859-6562
- Delnor Community Hospital
630-208-3000
- Ecker Center for Mental Health Services
847-695-0484
- Family Counseling Service of Aurora
630-844-2662
- Family Service Association of Greater Elgin Area
847-695-3680
- Gateway Foundation/Aurora
630-966-7400
- Greater Elgin Family Care Center 847-608-1344
- Kane County Health Department 630-208-3801
- Larkin Center 847-695-5656
- League of Women Voters
630-365-2138
- Mental Health & Mental Retardation Services, Inc.
630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc.
630-896-6264
- National Alliance on Mental Illness-Kane County
847-931-4715
- Provena Mercy Medical Center
630-801-2657
- Provena St. Joseph Hospital
847-931-5521
- Senior Services Association
847-741-0404
- Suicide Prevention Services 630-482-9696
- TriCity Family Services
630-232-1070
- Visiting Nurse Association of Fox Valley 630-978-9835

What Is Motivational Interviewing?

Many service providers have been using motivational interviewing to treat individuals with mental health and/or substance abuse problems, but many people may still not know exactly what motivational interviewing involves. Motivational Interviewing is a style of counseling that combines a person-centered approach with specific strategies designed to help a person identify ways in which they can change their lives for the better. The individual receiving treatment is encouraged to collaborate with their counselor to identify problems and goals that they want to work on, thus giving the client control over their own treatment. The counselor then works with the client using affirmations, empathy, and support to help the client to identify ways in which positive change may be possible. Motivational Interviewing was developed by William R. Miller, Ph.D. and Stephen Rollnick, Ph.D., and numerous research studies have demonstrated its effectiveness with a wide range of populations including those struggling with mental health and/or substance abuse issues. Service providers can receive training throughout the country on motivational interviewing. Through ongoing training, practitioners can become familiar with the spirit and underlying principles of motivational interviewing. As indicated above, motivational interviewing is a collaborative and client centered approach, which places an emphasis on normalizing ambivalence and creating a safe environment where change can take place. Practitioners will also learn how to assess client readiness to change and how to recognize and best respond to client behaviors that support or hinder progress toward their identified goals. Motivational interviewing techniques are often indicated for individuals in the earlier stages of treatment and best followed by other evidenced based treatments (Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Dialectical Behavioral Therapy).

Info Corner

For more information on trainings and resources please visit the motivational interviewing website: www.motivationalinterview.org.