

Motivational Interviewing

1. Helping professionals should tell the client what to do in order to solve their problems. False
2. Resistance or discord is best thought of as a product of the interpersonal context, something that happens between the helping professional and the client. True
3. The most effective way to help clients change is to help them resolve their ambivalence. True
4. If clients are resistant to talk about changing behaviors, direct confrontation and persuasion are required to help the client change. False
5. Helping professionals should emphasize the client's personal choice over their behaviors and decisions. True