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