

## Comparison of Confrontational Approach and Motivational Interviewing

<b>Confrontation-of-Denial Approach</b>	<b>Motivational Interviewing Approach</b>
<ul style="list-style-type: none"> <li>● Heavy emphasis on acceptance of self as a substance abuser</li> <li>● Acceptance of diagnosis seen as essential for change</li> </ul>	<ul style="list-style-type: none"> <li>● De-emphasis on labels</li> <li>● Acceptance of substance abuser label seen as unnecessary for change to occur</li> </ul>
<ul style="list-style-type: none"> <li>● Emphasis is on the disease of addiction, which reduces personal choice and control</li> </ul>	<ul style="list-style-type: none"> <li>● Emphasis is on personal choice regarding future use of alcohol and other drugs</li> </ul>
<ul style="list-style-type: none"> <li>● Counselor presents perceived evidence of substance abuse in an attempt to convince the client of the diagnosis</li> </ul>	<ul style="list-style-type: none"> <li>● Counselor conducts an objective evaluation but focuses on eliciting the client's own concerns</li> </ul>
<ul style="list-style-type: none"> <li>● Resistance is seen as “denial,” a trait characteristic of substance abusers requiring confrontation</li> </ul>	<ul style="list-style-type: none"> <li>● Resistance is seen as an interpersonal behavior pattern influenced by the therapist's behavior</li> </ul>
<ul style="list-style-type: none"> <li>● Resistance is met with argumentation and correction</li> </ul>	<ul style="list-style-type: none"> <li>● Resistance is met with reflection</li> </ul>