

# The Client's Guide to Motivational Interviewing (MI)

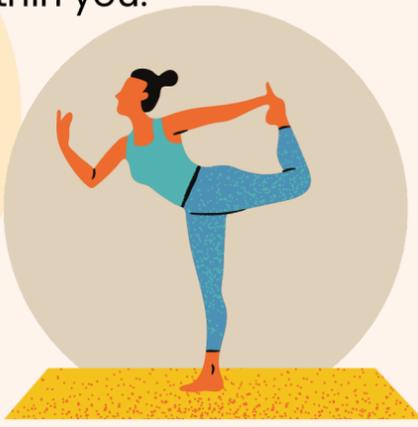
## How we work together to find your direction.

In many types of therapy, it can feel like the therapist is the "expert" and the client is the "student." At Embark Therapeutic Services, we believe you are the expert on your own life. We use Motivational Interviewing to ensure you stay in the driver's seat of your recovery.



### Common Terms You'll Hear Us Use

- **Ambivalence:** This is the "tug-of-war" feeling —wanting to change a habit while also wanting to keep things as they are. In our sessions, we don't judge this feeling; we explore it.
- **The Spirit of MI:** This is our commitment to Partnership, Acceptance, Compassion, and Evocation. We aren't here to give you the answers; we are here to evoke them from within you.



- **Change Talk:** These are the moments when you talk about your "why." When you hear yourself say, "I want to feel more present for my kids," or "I'm tired of feeling this way," that is your internal compass pointing North.

### How This Helps You

- **Reduces Pressure:** You don't have to have it all figured out on Day 1. We meet you exactly where you are on the trail.
- **Restores Power:** If you have a history of trauma, having your autonomy respected is healing in itself. You decide the pace and the destination.



- **Builds Confidence:** By focusing on your strengths and your reasons for change, you develop the "muscle memory" to make healthy decisions even when you aren't in the therapy room.

**Take the first step to prioritize your mental health today. You're not alone!**

*Call for a Free Consultation*

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