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Motivational interviewing (MI) is a  
counseling approach developed in part by

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Clinical psychologists William R. Miller and Stephen Rollnick. It is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Compared with non-directive counseling, it is more focused and goal-directed, and departs from traditional Rogerian ...

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diverse range of knowledge and skills than  
ever before including an understanding of  
culturally diverse human behavior and

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Research indicates that effective counselors tend to exhibit positive perceptions of self and others, are personally motivated and fully functioning, accurately assess the world around them, and are capable of using this assessment to facilitate beneficial helping relationships (Schmidt, 1984).

## ~~Counselor Intentionality and Effective Helping. ERIC Digest.~~

In *Zen and the Art of Helping* David Brandon argued that ‘ The real kernel of all our help, that which renders it effective, is compassion ’ (1990: 6). He continues: Compassion is being in tune with oneself, the other person(s) and the whole world. It

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is goodness at its most intuitive and  
unreflecting. It is a harmony which opens  
itself and ...

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