

Sankara Narayanan

Motivational Therapy



Sankara Narayanan is a Psychologist and Counselor. He holds an MA in Clinical Psychology and a Diploma in Depression Counseling.

Sankara is an active member of the International Center for Clinical Psychology and Psychotherapy. In addition to this, he is also a member of the Tamil Nadu Career Counselors Association.

Sankara has extensive experience as an educational consultant and a life coach. He has helped numerous clients deal with anxiety, grief, relationships, life transitions, adjustment challenges, and creative blocks, as well as trauma, depression, abuse, and chronic mental illness.

Keywords

- therapy that focuses on improving an individual's motivation to change
- motivation to change such behaviors
- R. Miller and Stephen Rollnick wrote a book titled *Motivational Interviewing: Preparing People to Change Addictive Behavior*.
- MI is defined as “a collaborative conversation style for strengthening a person’s own motivation and commitment to change.”

Motivational Interviewing (MI) is an evidence-based intervention that helps to support health behaviour change. It was originally used to help treat substance dependency, but is now seen as an effective way to promote behaviour modification and to manage chronic diseases.^[1] Areas where MI has been used include: weight loss, smoking cessation, alcohol consumption, and blood sugar control.^[2] It is also growing in popularity within physiotherapy practice.^[3]

William R. Miller, a distinguished Professor of Psychology and Psychiatry in New Mexico, wrote the first article about MI in 1983. In 1991 the first related textbook was published titled “*Motivational Interviewing*” by W. Miller and S. Rollnick, and introduced the fundamental concepts of MI, and introduced some of the language that continues to be used to describe MI. Stephen Rollnick is a Professor for Health Care Communication,^[4] at Cardiff University, Wales, UK.

Miller and Rollnick developed a new four-process model of MI, and their 3rd edition book “*Motivational Interviewing. Helping People Change*” was completely restructured around this.^[5] This four-process model (engaging, focusing, evoking, and planning) And General Principal is discussed