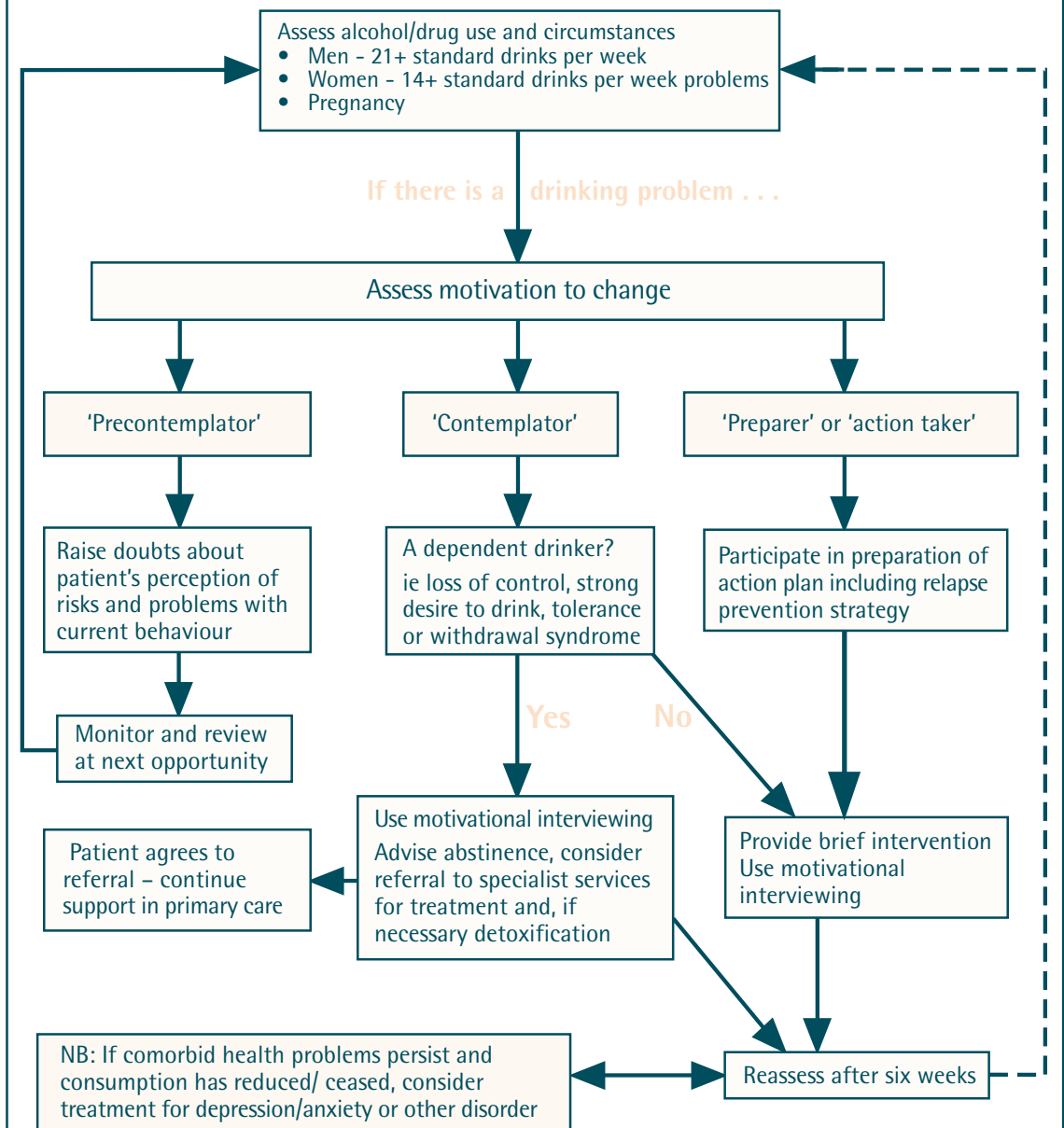


Figure 4: Recognition, Assessment and Initial Treatment of Substance Use



Five general principles of motivational interviewing

- Express empathy by accurate listening that clarifies the patient's experience, feelings and interpretations
- Amplify discrepancy between current behaviour and broader goal by weighing pros and cons
- Arguments are counterproductive and breed resistance
- When faced with resistance, review patients' readiness to change
- Support belief in the possibility of change. The patient is responsible for choosing and carrying out change.