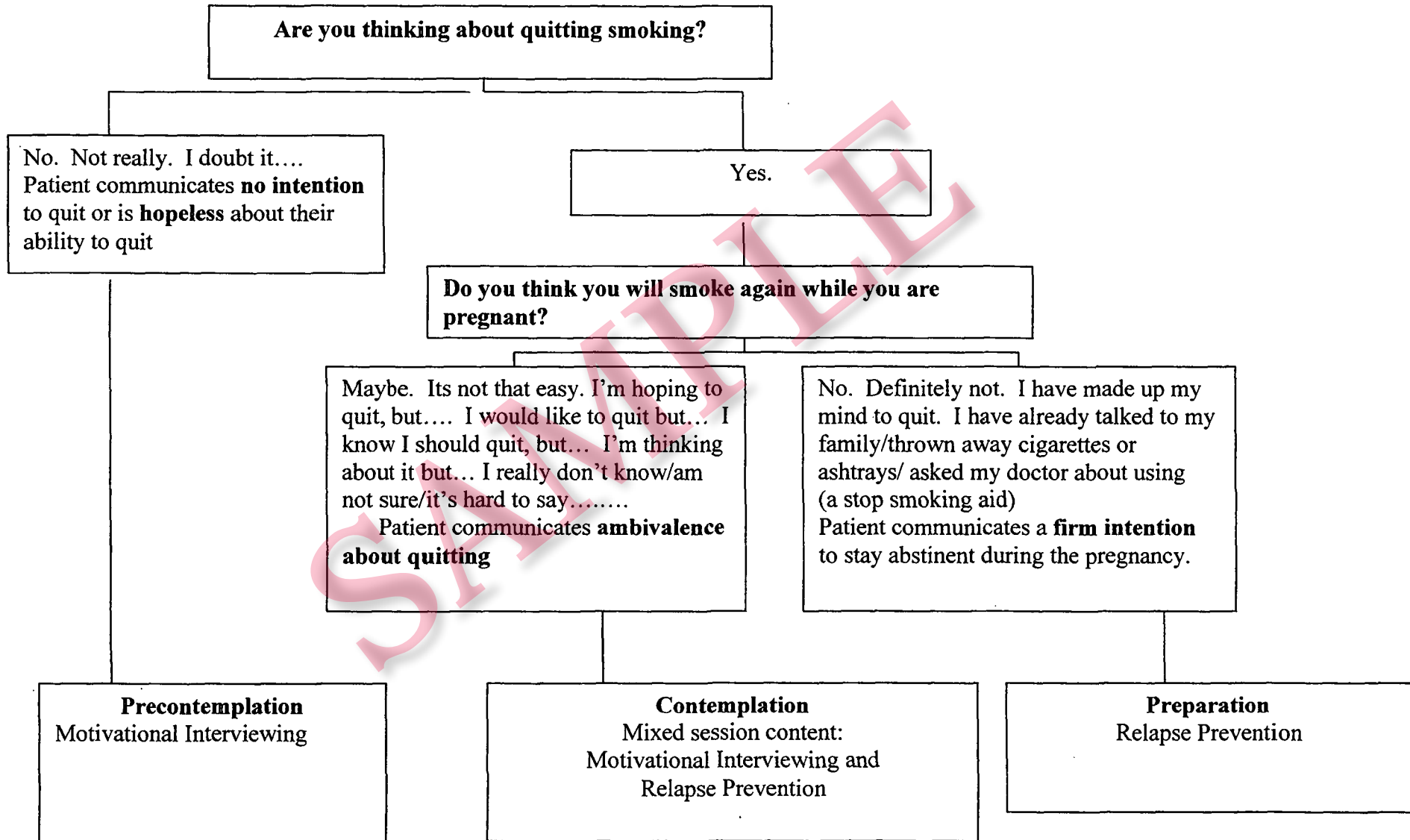
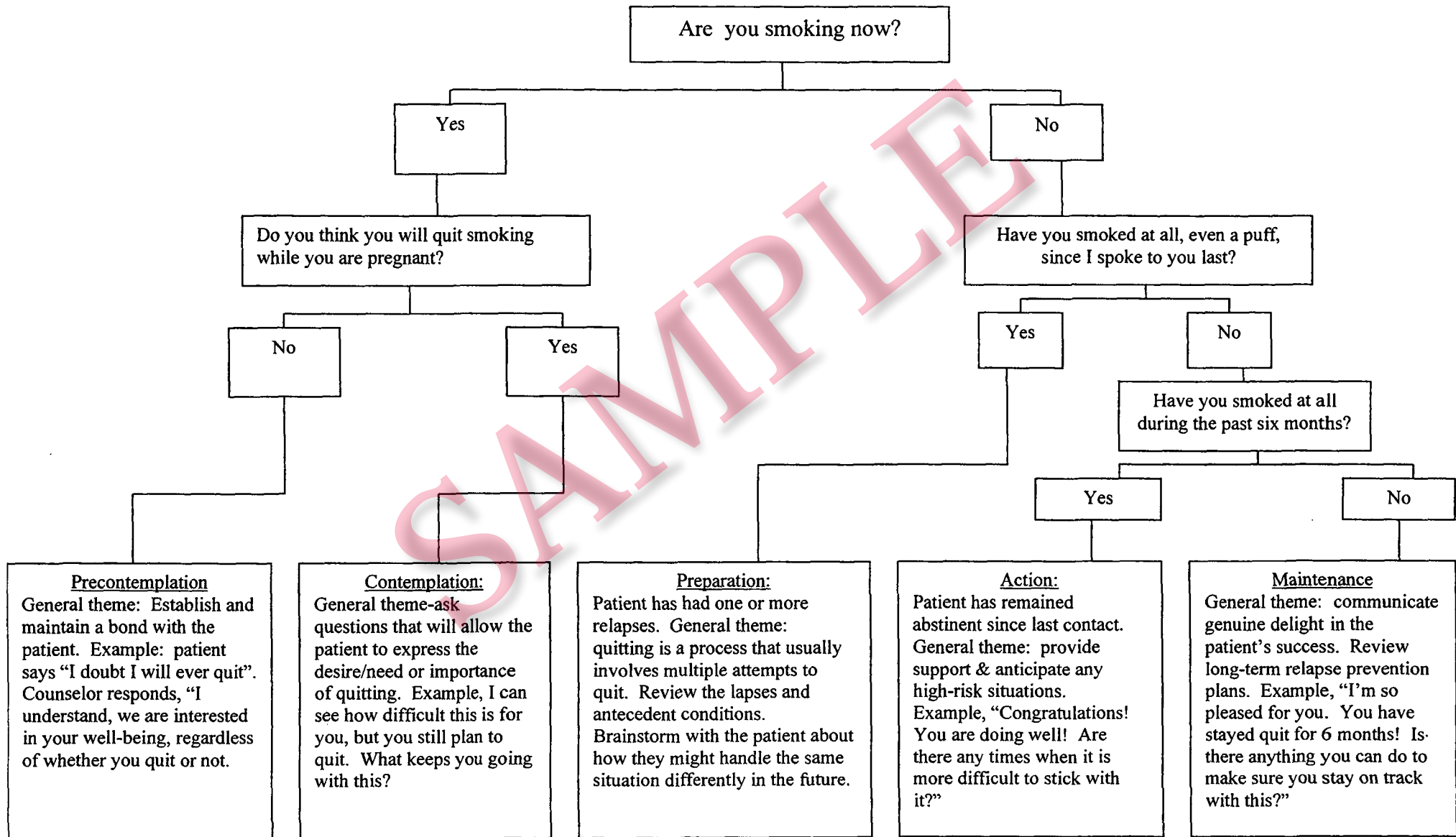


Cessation Counseling for Pregnant Smokers



Matching Counseling to Stage of Change During Follow-Up



The Spirit of Motivational Interviewing

Motivational interviewing is counseling designed to help clients explore and resolve ambivalence

Key Points:

- ◆ Motivation is elicited from the client, not imposed from the counselor
- ◆ It is the clients task to resolve her ambivalence
- ◆ Direct persuasion does not resolve ambivalence
- ◆ Counseling style is not confrontational
- ◆ Readiness to change fluctuates with each interaction between client and counselor
- ◆ Counselor-Client Relationship is a partnership