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SWK770: Evidence-Based Practice in Mental Health: NOS

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### Reading Leadership Questions #11

1. Can critical reflection approach be used as an effective tool to in Motivational Interviewing?
2. Why is characteristics considered an important aspect for a therapist to have in relation with increased levels of Client involvement?
3. In Motivational Interviewing (MI), micro counseling skills are an integral part of Motivational Interviewing (MI), but is not restricted to MI-based counseling. What other methods or effective approaches besides CBT can be used for changing a client's behavior?