

Ascendant Detox - NYC Highlights the Power of Motivational Interviewing in Addiction Recovery

Motivational Interviewing is a patient-centered, goal-oriented therapeutic approach that fosters motivation for change by exploring and resolving ambivalence.

NEW YORK, NY, UNITED STATES, February 25, 2025 /EINPresswire.com/ -- [Ascendant Detox Drug & Alcohol Rehab NYC](#), a luxury boutique detox and outpatient treatment center located in Midtown Manhattan, is emphasizing the importance of Motivational Interviewing (MI) as a key therapeutic approach in the treatment of substance use disorders. Dedicated to helping individuals overcome addiction in a safe and supportive environment, Ascendant Detox - NYC integrates evidence-based techniques like MI to encourage lasting change in those struggling with addiction.



Ascendant Detox - NYC

Lack of motivation is often one of the greatest barriers to overcoming drug and alcohol dependency. Many individuals facing substance use disorders experience conflicting desires—they may recognize the need for change but struggle to take action. Motivational Interviewing is designed to help patients resolve ambivalence and find the internal motivation needed to make meaningful behavioral changes.

[What Is Motivational Interviewing?](#) Motivational Interviewing is a patient-centered, goal-oriented therapeutic approach that fosters motivation for change by exploring and resolving ambivalence. This technique empowers individuals to take control of their recovery, allowing them to build confidence and commit to healthier habits. MI has been widely used to help patients struggling

with substance use, alcohol dependence, and behavioral addictions.

Key Principles of Motivational Interviewing:

- **Engaging:** Building a trusting and collaborative relationship between therapist and patient.
- **Focusing:** Narrowing down the conversation to the specific behavioral changes needed.
- **Evoking:** Encouraging individuals to explore their own motivations for change.
- **Planning:** Developing actionable steps for achieving sustainable recovery.

Motivational Interviewing is particularly effective because it acknowledges the patient's autonomy and guides them toward recognizing the benefits of change without coercion. Instead of confronting resistance, MI works to understand and resolve it, helping individuals find their personal drive for transformation.

The Role of Motivational Interviewing in Addiction Recovery At Ascendant Detox - NYC, MI is integrated into both individual and group therapy sessions to help patients move through the stages of change. By addressing uncertainty and fostering personal motivation, MI equips individuals with the tools to pursue sobriety and maintain long-term wellness.

Ascendant Detox - NYC Offers:

- **Luxury Detox Programs:** Comfortable, medically supervised detox programs tailored to individual needs.
- **Outpatient Therapy:** Flexible therapy options that provide continued support beyond detox.
- **Personalized Treatment Plans:** Customized recovery strategies that incorporate MI and other



Ascendant Detox - NYC Outside View



Ascendant Intensive Outpatient Program NYC Entrance

effective therapies.

- Group Therapy Sessions: A supportive environment where patients share experiences and hold each other accountable.

For those struggling with substance use disorders, finding the motivation to seek help can be the hardest step. Motivational Interviewing provides a structured, compassionate approach that helps individuals overcome resistance, embrace change, and work toward a healthier future.

About [Ascendant Detox NYC](#)

Ascendant Detox Drug & Alcohol Rehab NYC is an independent, boutique detox and outpatient treatment center located in Midtown Manhattan. Since 2018, Ascendant has helped clients from New York City and beyond achieve sustainable recovery with programs that prioritize safety, privacy, and a holistic approach to health. Staffed by a team of seasoned clinicians and medical professionals, Ascendant offers compassionate and comprehensive care that supports clients at every stage of their recovery.

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