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~~Interviewing: Diabetes Motivational~~

~~Interviewing: Obesity (Correct)~~

~~Motivational Interviewing: Evoking~~

~~Commitment to Change Motivational~~

Interviewing for Physical Activity MI Tip

of the Day: Elicit - Provide - Elicit

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Planning The Effective Physician: Motivational Interviewing Demonstration

Motivational Interviewing: Evoking
Motivation \u0026amp; Responding to Change
Talk *Nutrition Counseling Role Play:
Motivational Interviewing \u0026amp;
Avoiding the Premature Focus Trap*

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~~Motivational Interviewing – Good
Example – Alan Lyme~~ Why is nutrition so
important? **Motivational Interviewing:
Smoking Cessation (Correct)**

The psychology of self-motivation | Scott
Geller | TEDxVirginiaTech ~~Nutritionist
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~~Diabetes and Exercise~~ **MI Tip of the Day:**
Goal Setting *Motivational Interviewing: A*
Bad Example (Presenter: Alan Lyme)
~~Motivational Interviewing: A Dialogue~~

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~~with the Practice's Co-founder William R.~~

Miller Focusing Styles Motivational

interviewing in brief consultations: role-
play focussing on engaging 414 5

Elements of Motivational Interventions

\u0026 5 Principles of Motivational

Interviewing *Motivational Interviewing*

Techniques in Real Coaching Demo ~~Part~~

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~~2: A Non-Diet Approach with
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Sharing a Non-Diet Message~~ *Motivational
Interviewing Role-Play -
Precontemplation Stage - Weight Loss Dr.
William Miller, \ "Motivational
Interviewing: Facilitating Change Across
Boundaries\ "* ~~Motivational Interviewing In~~

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Supporting behaviour change is a crucial part of nutritional interventions.

Motivational interviewing (MI) is one of the most evidence-based approaches that is used to encourage long-term behaviour change 1-2. MI is described as: “a

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collaborative, person-centered form of
guiding to elicit and strengthen motivation
for change” 3.

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~~Motivational Interviewing in Nutrition and
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As nutrition and fitness professionals, we no longer provide clients with food lists, meal plans and exercise prescriptions and send them on their way. Within the health field, simply giving advice has been

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replaced with motivational interviewing
(MI), a compassionate, non-judgmental
communication style.... (read more)

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Reproducible Materials: Motivational
Interviewing in Nutrition and Fitness

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Author: Dawn Clifford and Laura Curtis

Subject: Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference.

~~Reproducible Materials: Motivational~~

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~~Interviewing in ...~~

Share Motivational interviewing is one of the best tools for helping people overcome obstacles to change. Whether it's changing how they eat and exercise, or cutting back on things like smoking or drinking.

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~~Motivational Interviewing: Free ...~~

~~Precision Nutrition~~

Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as

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motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients.

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Motivational Interviewing for Diet,
Exercise and Weight Motivational

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interviewing aims to enhance self-efficacy and personal control for behavior change. It uses an interactive, empathic listening style to increase motivation and confidence by specifically emphasizing the discrepancy between personal goals and current health behaviors. 1

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~~Motivational Interviewing for Diet,
Exercise and Weight~~

An alternative to this top-down approach is motivational interviewing (MI), a style of talking with clients in a constructive manner about health-risk reduction and behavior change.¹ Based on the idea that most individuals already have the requisite

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skills to successfully modify lifestyle and decrease health risk, MI employs strategies that will enhance the client's own motivation for and commitment to change.

~~Motivational Interviewing — A Unique
Approach to Behavior ...~~

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~~Motivational Interviewing in Nutrition and
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Motivational interviewing (MI) is an ideal
counseling style for assisting the most
ambivalent clients.¹ Instead of putting

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pressure on the client, MI supports client autonomy while at the same time inviting clients to reflect on their personal motivations for change.

~~CPE Monthly: Motivational Interviewing
Today's Dietitian ...~~

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Motivational Interviewing. Spirit is the guide to the ethical practice of using the powerful strategies and techniques of M...

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