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Interviewing
Professionals
For Health
Approach A
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A Sensible
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**Motivational
Interviewing in
Healthcare: 10
Strategies**

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Motivational
interviewing (MI)
provides a new
alternative to the
outdated direct
persuasion approach,
bringing a breath of
fresh air to the
conversation between
health care providers
and those with
chronic diseases like
diabetes and obesity.

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**Motivational
Interviewing in
Health Care: Helping
Patients ...**

In care management,
motivational
interviewing is a
collaborative
approach, between
the care manager and
the patient, that's
focused on
strengthening the
patient's motivation

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to adhere to the care
plan and change
behaviors that
interfere with better
health.

**Motivational
Interviewing
Training for Health
Care ...**

Motivational
interviewing (MI) is a
clinical
communication skill

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that nurses can develop to elicit patients' personal motivations for changing behavior to promote health.

Nurses can then emphasize these factors in their teaching to help patients modify their behavior. 1

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**INTERVIEWING IN
HEALTH CARE**

Motivational
Interviewing is being
increasingly used in
the areas of health
promotion, public
health and primary
care to support
lifestyle/behaviour
change. When first
developed two
decades ago, it was
used mainly in the

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fields of addiction and
substance misuse.

**Motivational
Interviewing in
Healthcare | Stephen
Rollnick**

longer time for it in
health care. But we
believe that when
time is short and
behavior change is
vital, a guiding style is
most likely to

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efficiently produce
better outcomes for
patients and
practitioners alike.

From this simple
starting point come a
number of
implications for
training and practice.
Motivational
interviewing is a
refined form of the

Motivational

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Motivational
Interviewing For
**interviewing 1:
background,
principles and...**

Motivational
interviewing (MI) is a
brief, directive, patient-
centered counseling
technique to elicit
behavior change by
helping patients
explore and resolve
ambivalence about
change. 1 Main
components include

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Motivational Interviewing For

health professionals
exhibiting empathy
and eliciting the

patient's own reasons
for wanting to change
in a collaborative,
nonjudgmental

manner. 1 General
practitioners 2 –,4 and
specialists 5 are
increasingly using this
technique, and its
efficacy has been
demonstrated across

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Interviewing For
...
Health Care

Motivational A
Interviewing: A Tool
for Behavior Change
- ACOG

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Interviewing (MI) is a
style of interacting
and communicating
that increases
likelihood of dietary
compliance and
decreases clinician

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Interviewing For
burden and
frustration.
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Professionals A
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**Motivational
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Motivational
interviewing (MI)
provides a new
alternative to the
outdated direct
persuasion approach,
bringing a breath of

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Approach

fresh air to the
conversation between
health care providers
and those with
chronic diseases like
diabetes and obesity.

**Motivational
Interviewing in
Health Care: Helping
Patients ...**

Motivational
interviewing is a
collaborative

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Motivational
Interviewing For
counseling strategy
Health Care
designed to elicit and
Professional A
strengthen motivation
Sensible
for behavior change.

1 A motivational
Approach A
interviewing style of
Sensible
communication can
Approach
be incorporated into
routine patient care. It
has been applied to
diabetes to encourage
patients to discuss
behaviors associated
with self-management

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as well as to assist patients in their motivation and confidence for making changes that will improve their diabetes control.

Motivational Interviewing | NIDDK

Motivational
Interviewing (MI) has
been used in the
mental health and

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addictions fields for
Health Care
years now. With
Professionals A
scores of research
Sensible
studies demonstrating
Approach A
the impact of MI on
Sensible
health-related
Approach
behavior change, MI
is now being widely
applied in health care.

**Motivational
interviewing: A
journey to improve
health ...**

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Interviewing For
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Professionals A

Motivational
Interviewing is a
clinical approach that
helps people with
mental health and
substance use
disorders and other
chronic conditions
such as diabetes,
cardiovascular
conditions, and
asthma make positive

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Motivational

Interviewing in

Health Care: Results

of a ...

The goal of

motivational

interviewing is to "help

patients identify and

change behaviors that

place them at risk of

developing health

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Motivational
Interviewing for
Health Behavior
Change

problems or that may be preventing optimal management of a chronic condition" (6).

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Motivational
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Healthcare Helping
patients to change
behavior and other

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outcomes Healthcare
Health Care
involves not just
Professionals A
giving people
Sensible
treatment. They come
Approach A
in with challenges
Sensible
connected to the way
Approach
they lead their lives.

**Motivational
Interviewing /
SAMHSA-HRSA**

Motivational
interviewing is a way
to strengthen

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motivation, with a
Health Care
focus on attitude.
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Motivational
interviewing changes
the healthcare
worker/consumer
interaction from one
of advice-giving to
active and reflective
listening.

**What is Motivational
Interviewing in
Patient Care**

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Interviewing For
Management?

Motivational
Interviewing for A
Health Behavior
Change (continued)
Motivational
Interviewing Ver 3.0
July 2013 P a g e 2

Do's: Express
empathy; Find some
success to
acknowledge, give
good news, provide
information if needed;

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reflect your
understanding of what
they are saying,
develop discrepancy
and

**Motivational
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Questions | MJN
Healthcare ...**

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Care: Helping
Patients Change

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Motivational
Interviewing For
Behavior
(Applications of
Motivational
Interviewing): Read
115 Kindle Store
Reviews -
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**Motivational
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Health Care: Helping
Patients ...**

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Approach

Care: Helping
Patients Change
Behavior focuses on
health care
professionals who
work with populations
faced with behavioral
changes. The
180-page book is
easy to read and
composed of 3 parts.

**Motivational
Interviewing in**

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**Health Care: Helping
Health Care
Professionals
Patients ...**

While this was written
for health care

workers, it also simply
lays out the

information and
practical tools to use

Motivational
Interviewing, which is

a way to engage with
people through

honoring their
autonomy and letting

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them guide the question. It is incredibly useful for anybody who has to work with people in their day-to-day job.

**Motivational
interviewing | Public
Health**

Motivational
interviewing in patient
care management
helps put health

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behavior change into
Health Care
the hands of the
patient, improving the
odds of positive
outcomes. This
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