

Introduction to Talking With Patients & Families

This section provides you with some helpful techniques for talking with patients and families about healthy eating and active living. It is not intended to be an all inclusive guide – it is simply a resource to get you started in your practice. We do acknowledge that some concepts appear more than once in the following section, however, we know that people learn in different ways.

For a comprehensive overview of key MI skills and concepts we recommend you review the *BMI2 Workbook* located in this section.

Don't forget to check out the "Additional MI Resources" document, which includes links to YouTube videos on Motivational Interviewing (MI) presented by Keri Bolton Oetzel, PhD.

We welcome your feedback on these resources and recommendation on any others that you may use in your practice. Please email us at infoletsgo@mmc.org with comments or suggestions.