

In This Section

Talking With Patients & Families

Introduction to Talking With Patients & Families

What is Motivational Interviewing?

Why Use MI?

Why Use Motivational Interviewing with Healthy Weight?

Practitioner Barriers to Utilizing Motivational Interviewing Within the Day-to-Day Health Care Setting

Introduction to BMi² Workbook

Example of Office Encounter: Traditional

Example of Office Encounter: Using Motivational Interviewing

Time Dependent Office Visit:

- Quick Well Child or Urgent (> 1 minute)
- Well Child (> 3 minutes)
- Follow-Up or Weight Management Intervention (10 or more minutes)

How to Elicit Behavior Changes: Questions and Statements

How Ready Are You To Get More Energy? Readiness Ruler

Ask...Don't Tell & Stages of Readiness Card

Phrases that *HELP* and *HINDER*

Additional MI Resources