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Clifford (Author), Laura

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Supporting behaviour
change is a crucial part
of nutritional
interventions.

Motivational
interviewing (MI) is one

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of the most evidence-based approaches that is used to encourage long-term behaviour change

1-2. MI is described as:

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

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– 27 Jan. 2016 by Dawn Clifford (Author), Laura Curtis (Author) 4.7 out of 5 stars 83 ratings See all formats and editions

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Motivational
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As nutrition and fitness professionals, we no longer provide clients with food lists, meal plans and exercise

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prescriptions and send them on their way.

Within the health field, simply giving advice has been replaced with motivational interviewing (MI), a compassionate, non-judgmental communication style....
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~~Nutrition and Fitness~~

Reproducible Materials:

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Author: Dawn Clifford
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Subject: Making and

maintaining lasting

changes in nutrition and

fitness is not easy for

anyone. Yet the

communication style of

a health professional can

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make a huge difference.

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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

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smoking or drinking.

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

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

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Nutrition and Fitness |
15 CPEU~~

Motivational
Interviewing for Diet,
Exercise and Weight

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Motivational 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.

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~~Motivational
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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

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most individuals already have the requisite 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 (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:
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Interviewing—Today's
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~~Motivational
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Dawn ...~~

This video is about the Spirit of Motivational Interviewing. Spirit is

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the guide to the ethical
practice of using the
powerful strategies and
techniques of M...

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