

Motivational Interviewing In Nutrition And Fitness Applications Of Motivational Interviewing

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

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 motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. Instructors requesting a desk copy from Guilford will be emailed a link to supplemental PowerPoint slides and exam questions.

This may be the single most important book you ever buy during your medical training. Rotations come and go, exams come and go, but regardless of specialty, patient-care will be at the heart of your practice. It is no exaggeration to say that motivational interviewing (MI) has transformed the way doctors engage with patients, families, and colleagues alike. MI is among the most powerful tools available to promote behavior change in patients. In an age of chronic diseases (diabetes, hypertension, heart disease, obesity), behavior change is no longer limited to substance use or the field of psychiatry - maladaptive choices and behaviors that negatively impact health outcomes are rampant. There is an explosion of research projects using MI or adaptations of MI in the behavioral health medicine field in the past decade. Hospitalizations can't make people change. How marvelous is it that an evidence-based health behavior change approach (MI) can help people change the outcomes of their illnesses and the course of their lives. This therapeutic approach is not a form of psychotherapy and is not the stuff of cobwebs and old leather couches. MI is readily integrated into regular ward rounds and office visits and provides an effective and efficient approach to patients clinical encounters. Written by experts in the field and medical trainees across medicine, this is the first MI guide of its kind. It explores how MI enhances contact with patients from every level of training, following an accessible, succinct approach. This book covers the application of MI method and skills into practice and also includes numerous clinical scenarios, personal reflections and online animated clinical vignettes (video clips) that share the challenges and successes the authors have focused. Furthermore this book is endorsed by the pioneers of MI: William R. Miller & Stephen Rollnick.

The first teacher's guide to the proven counseling approach known as motivational interviewing (MI), this pragmatic book shows how to use everyday interactions with students as powerful opportunities for change. MI comprises skills and strategies that can make brief

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conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the "dos and don'ts" of talking to K-12 students (and their parents) in ways that promote self-directed problem solving and personal growth. The authors include the distinguished codeveloper of MI plus two former classroom teachers. User-friendly features include learning exercises and reflection questions; additional helpful resources are available at the companion website. Written for teachers, the book will be recommended and/or used in teacher workshops by school psychologists, counselors, and social workers. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

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 motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

NUTRITION COUNSELING AND EDUCATION SKILL DEVELOPMENT helps entry-level nutritional professionals develop a solid foundation in counseling and education principles and evaluation methodologies. Taking a clear, engaging, step-by-step approach, the book includes case studies and first-person accounts and gives students opportunities in every chapter to practice new skills. Students learn to translate theoretical perspectives on nutrition counseling into effective dialogues that have the power to influence client knowledge, skills and attitudes. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This bestselling work for professionals and students is the authoritative presentation of motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI--engaging, focusing, evoking, and planning--and vividly demonstrates what they look like in action. A wealth of vignettes and interview examples illustrate the "dos and don'ts" of successful implementation in diverse contexts. Highly accessible, the book is infused with respect and compassion for clients. The companion Web page provides additional helpful resources, including reflection questions, an extended bibliography, and annotated case material. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers. New to This Edition: *Reflects major advances in understanding and teaching MI. *Fully restructured around the new four-process model. *Additional case examples and counseling situations. *Reviews the growing evidence base and covers ways to assess MI fidelity. Pedagogical Features Include: *Online reflection questions and annotated cases, ideal for classroom discussion. *Key points at the end of each chapter. *Engaging boxes with special topics and personal reflections. *Extended bibliography and quick-reference glossary.

This is the authoritative, bestselling guide that professionals and students turn to for a complete introduction to motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI -- engaging, focusing, evoking, and planning -- and vividly demonstrates what they look like in action. A wealth of vignettes and interview examples illustrate the "dos and don'ts" of successful implementation in diverse contexts. Highly accessible, the book is infused with respect and compassion for clients. The companion Web page provides additional helpful resources, including reflection questions, an extended bibliography, and annotated case material. New to This Edition: Reflects major advances in understanding and teaching MI. Fully restructured around the new four-process model. All chapters now authored by Miller and Rollnick. Additional case examples and counseling situations. Reviews the growing evidence base and covers ways to

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assess MI fidelity. Pedagogical Features Include: Online reflection questions and annotated cases, ideal for classroom discussion. Bulleted key points at the end of each chapter. Engaging boxes with special topics and personal reflections. Extended bibliography and quick-reference glossary. This title is part of the Applications of Motivational Interviewing Series, edited by Stephen Rollnick and William R. Miller.

Abstract: The purpose of this directed project was to develop a free online curriculum on the basics of motivational interviewing intended for professionals or students in the field of dietetics. The goal was to develop a website called, "A Dietetics-Focused Motivational Interviewing Basics Course" at no cost that would be easily accessible by the target audience. This website was intended to be a resource to sharpen the skills of dietetics professionals and students in the basics of motivational interviewing by incorporating interactive learning with four PowerPoint presentations, class quizzes, written activities, example counseling videos, and a pre/post-test. The program curriculum was developed based on the most recent literature on motivational interviewing and nutrition and online curriculum development. It is the job of dietitians to promote positive behavior change of their patients or clients. Availability of a free, easily accessible MI resource, may help dietitians to maintain client-centered counseling skills.

"Elective surgery on poorly prepared patients suffering with chronic pain and comorbid substance dependence is increasingly shown to confer suboptimal outcomes - both clinical and economic. Achieving biopsychosocial 'fitness for surgery' for these patients often requires a process similar to preoperative optimization of cardiac and other chronic diseases, with modification / elimination of risk factors (in many cases shared with those diseases.) These risk factors are not so much genetic or uncontrollable, but rather behavioral, and comprise toxic thoughts and toxic habits. The preoperative optimization program for chronic pain patients, presented in this book focuses on high-yield modifiable targets that are supported by the literature and the authors' clinical experience. These comprise tobacco cessation, preoperative opioid reduction or elimination, slow-wave sleep enhancement, nutritional and exercise "prehabilitation", and reduction of anxiety and pain catastrophization Preoperative Optimization, Chronic pain, Risk Factors, Enhanced Recovery, Ambulatory Surgery, Elective Surgery, Biopsychosocial, Motivation, Habit, Motivational Interviewing, Motivational Enhancement, Prehabilitation"--

This authoritative guide, now significantly revised and expanded, has given tens of thousands of clinicians proven tools for helping clients resolve ambivalence and mobilize their energy, commitment, and personal resources for change. Leading experts describe ways to combine motivational interviewing (MI) with other treatments for a wide range of psychological problems, including depression, anxiety disorders, eating disorders, posttraumatic stress disorder, and others. Chapters illustrate the nuts and bolts of intervention, using vivid clinical examples, and review the empirical evidence base. Contributors show how to tailor MI to each population's needs, whether used as a pretreatment or throughout the course of therapy. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers. New to This Edition *Many new authors. *Extensively revised with the latest theory, practices, and research. *Chapters on domestic violence, addictions, and smoking cessation with adolescents. *Chapter on transdiagnostic treatment.

Wellness, Not Weight: Health at Every Size and Motivational Interviewing, brings a new, well rounded perspective to issues of

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weight, health and helping people change behavior. While many texts in the areas of health sciences and nutrition discuss specific, singular approaches to weight loss, this book is the first to address Health at Every Size (HAES), Motivational Interviewing (MI), and a non-diet, wellness approach to managing health and weight within one comprehensive text. The book is divided into three parts. Part One explores the three basic concepts of the book, the argument for a focus on wellness rather than body weight, the Health at Every Size paradigm, and Motivational Interviewing. Part Two provides more detailed background information for professionals and academics. It presents the science behind the approaches. Included articles offer clear, cogent explanations of potential risks and failures in a weight-centered approach to health, as well as discussions of the risks of a weight centered approach, including disordered eating and body image issues. This section of the book also provides information on how rigid attachment to dietary guidelines can be harmful to consumers, with a special exploration of the dangers posed to children. Part Two ends with articles exploring the need for size acceptance, teaching the concept of Health at Every Size, and the importance of teaching Health at Every Size ideas in the training of health care professionals. Part Three of the book helps health care professionals communicate a non-diet approach to clients and patients, as well as a discussion of the use of Motivational Interviewing techniques with a non-diet approach. Moving away from traditional approaches to weight loss, the included chapters discuss mindful eating, the eating competence model, practical steps for improving health, and non-dieting and spirituality. *Wellness, Not Weight: Health at Every Size and Motivational Interviewing* speaks to the emerging movement emphasizing wellness, not weight. Written with passion and insight, the book encourages people to nourish and exercise their bodies in healthy, loving and joyous ways. This book can be used in Health Sciences, Nutrition and Food Science, and Public Health courses. It is also useful for courses in Sociology, Psychology, and Women's Studies. Ellen Glovsky, Ph.D, RD, LDN is a Registered Dietitian and a member of the teaching faculty at Northeastern University in Boston, MA. Dr. Glovsky conducts workshops and consultations on Motivational Interviewing (MI) for a variety of organizations around the US. She is a member of the Motivational Interviewing Network of Trainers (MINT), the international professional organization of MI practitioners and trainers. Dr. Glovsky maintains a private practice in which she offers treatment for eating disorders and weight management.

This newest addition to the Nutrition and Health series focuses on nutrition's key role in lifestyle interventions to prevent and manage diseases. The book pays particular attention to nutritional considerations related to obesity, diabetes, and cardiovascular disease. Edited by cardiologist, Dr. James Rippe, a well-known expert in the nascent specialty of Lifestyle Medicine, *Nutrition in Lifestyle Medicine* will also focus on a variety of specialized areas such as nutrition for athletes and physically active individuals, hydration, and nutrition throughout the life cycle (spanning from children to individuals over the age of 60). In addition, chapters will be included on controversies in nutrition, such as health effects of added sugars and saturated fatty acids in the diet. Finally, specialized chapters will be included in such areas as nutrition for women, nutrition for men, nutrition for latinos, the use of supplements, communication about nutrition, public policy issues, and the interface between nutrition and physical activity. *Lifestyle Medicine*, supported by the American Journal of Lifestyle Medicine, Dr. Rippe's textbook *Lifestyle Medicine* (CRC Press,

2013) and American College of Lifestyle Medicine (ACLM), is a new national medicine specialty that stresses the use of lifestyle interventions in the treatment and management of disease. Its practitioners effectively manage medical treatments alongside the lifestyle interventions, for example lowering insulin treatment for patients with diabetes, reducing the dose of anti-hypertension medications for people with hypertension, and prescribing certain medical interventions that aid in smoking cessation.

In this booklet, the components of the therapeutic modality of Motivational Interviewing (a.k.a motivational counseling or coaching) in the context of end-of-life care will be explained in light of a pro-life palliative health care practice. Also included: (RFL) Reason for Living Inventory (short version) Catholic Order for the Blessing for the Sick, Order for the Blessing of Sick Children, Shorter Rite Maurus Blessing Catholic Sacraments and Sacramentals Catholic Resources

Motivational Interviewing in Nutrition and Fitness Guilford Publications

The importance of nutrition in the prevention and treatment of disease and the maintenance of good health is being increasingly recognised. Nutrition is an area that all health professionals need to be aware of and yet one in which few are specifically trained. However it is now becoming a valued topic in many curricula. The Oxford Handbook of Nutrition and Dietetics makes this information more accessible to dietitians, doctors, nurses, nutritionists, and other healthcare professionals by providing a practical, easily accessible, concise and up-to-date evidence-based guide in a user-friendly portable handbook. It covers the entire life cycle from preconception to old age. As the general public is increasingly aware of the food they eat and the role nutrition plays in health and disease, health professionals must have the kind of knowledge in this book at their fingertips.

Continuing accumulation of scientific evidence demonstrates that nutrition is one of the most important determinants of health for the individual, and that specific nutrition habits of various populations can significantly decrease the overall risk of several chronic diseases. This landmark publication, which contains papers presented at the 1st Nutrition and Health conference, covers the major topics relating to nutritional aspects of health. Chapters within this important book cover vital health issues, including details of the links between diet and cardiovascular disease, obesity, cancer, diabetes and osteoporosis. Further chapters within Nutrition and Health cover important nutritional issues, for example managing the human gut flora, vegetarianism and the role of phytoprotectants. Each chapter has been written by a well-known expert, and the whole has been drawn together and carefully edited, providing an important reference resource for the future. All health professionals interested or involved in nutrition and the impact of nutrition on health should have a copy of this book on their shelves, as should libraries in all medical schools, and universities and research establishments where nutrition, dietetics and food science are studied and taught. Also available from Blackwell Publishing A major series of textbooks from the Nutrition Society Introduction to Human Nutrition (0 632 05624 X) Nutrition and Metabolism (0 632 05625 8) Clinical Nutrition (0 632 05626 6) Public Health Nutrition (0 632 05627 4) Nutrition Bulletin (Journal) Published quarterly ISSN: 0141 9684 Adverse Reactions to Foods Edited by J. Buttriss (BNF) 0 632 055472 Principles of Human Nutrition Second edition M. Eastwood 0 632 05811 0

This newly revised edition contains updated versions of all of the topics that were in the first edition and has been substantially expanded with an additional 5 chapters. Each chapter includes information from the most up-to-date research on how nutritional factors can affect bone health, written with an evidence-based focus and complete with comprehensive references for each subject. Nutrition and Bone Health,

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second edition covers all aspects of nutrition and the skeleton, from the history and fundamentals, to the effects of macronutrients, minerals, vitamins, and supplements, and even covers the effects of lifestyle, the different life stages, and nutrition-related disorders and secondary osteoporosis. New chapters include HIV & AIDs and the skeleton, celiac disease and bone health, and nutrition and bone health in space. Nutrition and Bone Health, second edition is a necessary resource for health care professionals, medical students, graduate students, dietitians, and nutritionists who are interested in how nutrition affects bone health during all stages of life.

Even though enormous advancements have been made in identifying evidence-based lifestyle strategies for hypertension prevention and management, little progress has been made in implementing these proven strategies. Nutrition, Lifestyle Factors, and Blood Pressure compiles practical, science-based information for health care providers to provide effective lifestyle interventions for blood pressure care. Divided into three sections, the book features: Evidence-based blood pressure control and relevant considerations for real-life situations Special considerations in blood pressure control and lifestyle modification among children and adolescents, during pregnancy, and among those with diabetes Practical tools that health care providers can put into practice in particular settings An excellent supplement to existing resources, Nutrition, Lifestyle Factors, and Blood Pressure shortens the gap between current understanding of the science about lifestyle factors and blood pressure and the actual implementation of the science

From experts on working with court-mandated populations, this book shows how motivational interviewing (MI) can help offenders move beyond resistance or superficial compliance and achieve meaningful behavior change. Using this evidence-based approach promotes successful rehabilitation and reentry by drawing on clients' values, goals, and strengths--not simply telling them what to do. The authors clearly describe the core techniques of MI and bring them to life with examples and sample dialogues from a range of criminal justice and forensic settings. Of crucial importance, the book addresses MI implementation in real-world offender service systems, including practical strategies for overcoming obstacles. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

"55% OFF for Bookstores! Discounted Retail Price NOW!!" Do your customers want to discover the secrets of motivational interviewing and make meaningful, sustainable life changes? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need this Book in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS Motivational interviewing can help your customer clearly define goals, think things through, and move toward change. Whether he is considering losing weight, addressing an addiction, leaving a toxic relationship, or any number of other big goals, taking steps toward personal change requires a steadfast mindset and a detailed plan of action. This 2021 updated workbook is filled with practical prompts, guidance, and support for figuring out long-term goals, developing a solid plan to achieve them, and making a committed change. Your customer will find: ? All about motivational interviewing Learn about what motivational interviewing is and how it can help you in the journey toward personal change ? How to start where he is now Refine the ultimate goal by deciding what he want to do, identifying your obstacles, and exploring why he wants to make a change ? The All-in-One Motivational Interviewing Program that can count more than 3.145 case studies in 120 days ? His path to personal change Develop a detailed, concrete plan that will help him concentrate on what's most important, be more confident, and know where he wants to go. Help you customer find motivation, guidance, support for achieving his long-term goals and leaves its mark on his life! Click the "BUY NOW" Button, Buy THOUSANDS of Copies and Let Your Customers Rob Your Library!!

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This pragmatic guide spells out how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Filled with vivid examples, sample dialogues, and "dos and don'ts," the book shows how conducting MI from a developmentally informed standpoint can help practitioners quickly build rapport with young patients, enhance their motivation to make healthy changes, and overcome ambivalence. Experts on specific adolescent problems describe MI applications in such key areas as substance abuse, smoking, sexual risk taking, eating disorders and obesity, chronic illness management, and externalizing and internalizing behavior problems. This book is in the Applications of Motivational Interviewing series.

Now in vibrant full color, this updated Seventh Edition of Holli's best-selling Nutrition Counseling and Education Skills: A Guide for Professionals helps students develop the communications, counseling, interviewing, motivational, and professional skills they'll need as Registered Dietitian professionals. Throughout the book, the authors focus on effective nutrition interventions, evidence-based theories and models, clinical nutrition principles, and knowledge of behavioral science and educational approaches. Packed with activities, case studies, and self-assessment questions, the Seventh Edition features new content that reflects the latest changes in the field, new online videos that bring nutrition counseling techniques to life, and a powerful array of new and enhanced in-text and online learning tools.

The significantly revised second edition of this unique practitioner guide features 65% new material and a new organizing structure. The authors show how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Noted for its clarity, the book includes extended case examples, sample dialogues, quick-reference tables, and "dos and don'ts." It provides vital tools for helping young people open up about their struggles, explore alternatives, and make healthier choices around such concerns as substance use, smoking, anxiety, medication adherence, and obesity. New to This Edition *More integrative and cohesive: every chapter weaves in diverse clinical issues, replacing the prior edition's population-specific chapters. *Chapters on MI in groups and involving caregivers in treatment. *Restructured around the current four-process model of MI, and proposes maintenance of change as a fifth process. *Incorporates the rapidly growing research base on MI with youth. *Reflects the ongoing refinement of the authors' training approach; includes skill-building activities at the end of each chapter. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

The approach to motivational interviewing discussed in this book will be useful to student affairs professionals and academic advisors working in a variety of higher education positions. It begins in Chapter 1 by providing a description and a brief history of MI, noting some of its connections to counseling and social psychology. Chapter 2 explores in more detail the spirit of MI—the key relational components that the professional using MI is attuned to. This interpersonal attitude can be summarized within four key principles: partnership, acceptance, compassion, and evocation. Chapter 3 presents an overview of some contemporary models of academic advising and student affairs practice. Chapter 4 covers the basic MI skill set, which is referred to by the shorthand OARS. Chapter 5 discusses the four processes in MI conversations about change: engaging, focusing, evoking, and planning. Chapter 6 elaborates on the evoking stage and provide an expanded discussion concerning “change talk” and “sustain talk.” Change talk refers to student statements that express a desire, need, or readiness to change, while sustain talk refers to student statements that indicate maintenance of the status quo or a reluctance to change. In addition to providing more in-depth definitions of these concepts and examples of student statements, strategies are presented for increasing or evoking change talk and softening sustain talk. In Chapter 7, intermediate to advanced MI skills are addressed to prepare the highly motivated staff member for higher-level training that can be obtained through workshops, observation, and coaching. Chapter 8 puts

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everything together in two case examples. Chapter 9 provides some additional exercises that can be used to practice and develop MI basic and intermediate skills. Lastly, some brief concluding remarks are provided in Chapter 10.

Research indicates that individuals with severe and persistent mental illness (SPMI) experience higher rates of medical comorbidity and mortality than the general population (Colton & Manderscheid, 2006; Miller, Paschall, & Svendsen, 2006; Scott & Happell, 2011). These physical health disparities have not yet been addressed adequately by the healthcare system (Felker, Yazel, & Short, 1996). In the current study, a brief Motivational Interviewing (MI) intervention was evaluated as an adjunct to the Health Home model of integrated health care at a large community mental health center providing services to adults with severe and persistent mental illness in an urban area. MI is a therapeutic intervention with efficacy in promoting improved well-being and health-related behavior change, including behaviors contributing to poor health and increased morbidity for adults living with SPMI. Some preliminary evidence suggests MI can even be effective in brief, one session forms. A longitudinal (pre-post) design was utilized to assess the impact of Health Home and brief MI interventions on objective physical health outcomes (i.e., blood pressure, heart rate, weight, and BMI), as well as self-reported health-related behaviors (i.e., nutrition, physical activity, and smoking behaviors as measured by the Health-Related Behavior Questionnaire). Results indicated that participants were experiencing high rates of medical comorbidity (e.g., hypertension, obesity, and diabetes) and engaging in unhealthy lifestyle behaviors consistent with prior literature assessing adults living with SPMI in community settings and providing rationale for interventions aimed at improving wellness. Engagement in Health Home services (regardless of participation in MI) was associated with some positive outcomes (e.g., an increase in the average number of days per week that participants engaged in physical activity; moderate, significant reductions in both systolic and diastolic blood pressure) over a 3-month period. One brief MI session appeared to succeed in its intended purpose (i.e., assisting people in moving from a lower stage of change to a higher stage of change). Specifically, the majority of people who received brief MI experienced a slight increase in their desire to change (on a scale of 0-10) and almost half of the participants experienced an increase in their confidence that they could successfully change a health-related behavior (i.e., nutrition, physical activity, or smoking). Additionally, with regard to smoking, participants who received brief MI were more likely to report they had thought about quitting smoking than those receiving Health Home services only. Unfortunately, increased motivation for behavior change was not associated with an increase in attempts to change after one brief MI session. In general, it appears a longer course of MI intervention is needed to result in a clinically meaningful change in physical health and health-related behaviors above and beyond that of participants' typical Health Home services. Future studies should examine 'larger doses' of MI as a way of better addressing the severity and complexity of this population's needs.

Motivational Interviewing in Nursing Practice: Empowering the Patient is a guide to learning Motivational Interviewing, a set of skills that utilizes therapeutic communication to promote behavior change. This text provides unique tools for nurses to implement and help patients take responsibility in their own health care, make informed decisions and provide guidance toward healthy behavior change, leading to improved health of our communities and country. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

"Fundamentals of Motivational Interviewing provides a straightforward, common-language, and user-friendly guide to key concepts in MI"-- Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment

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intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series.

Written expressly for leaders in health care and the social services, this accessible book shows how motivational interviewing (MI) can transform conversations about change within an organization. The authors demonstrate powerful ways to use MI to generate solutions and get employees and organizations unstuck, whether mentoring a staff member in a new role, addressing performance problems, or redesigning procedures or programs. Readers are guided to skillfully and ethically apply the core MI processes--engaging, focusing, evoking, and planning--in the management context. User-friendly features include reproducible worksheets, end-of-chapter self-reflection exercises, and extended case vignettes. Purchasers get access to a companion website where they can download and print these materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

"Purpose: Research shows definite connections between food choices and caries, periodontal disease, and oral cancer. Dental hygienists have the unique opportunity to educate patients on how nutrition can improve oral health. Dental hygiene students are introduced to these concepts but struggle to gain confidence to share this knowledge with patients. This study looked at an educational module on motivational interviewing (MI) and an electronic assessment tool to build student confidence with nutritional counseling. Methods: Students participated in an educational module to review MI and introduce the electronic nutritional risk assessment and counseling tool. Prior to the module, participants completed a pretest about attitudes and confidence levels regarding MI and nutritional counseling. After three weeks of clinical practice, participants completed a posttest including the same questions, a report on the frequency of nutritional counseling sessions, and open-ended questions. Data was compared for quantitative changes and qualitative themes from participant responses. Results: Twenty-two students (n = 22) participated in both pretest and posttest. There were statistically significant changes in participants' frequency of nutritional counseling sessions (p = 0.049) as well as in their confidence (p = 0.007) and comfort (p = 0.020) discussing nutrition with patients. Participants struggled to become more confident in MI as demonstrated with no significant change in their feelings surrounding MI (p = 0.150). Students reporting increased nutritional counseling sessions showed improvement in their confidence with nutritional counseling. Conclusion: Introducing MI with an electronic assessment tool to aid dental hygiene students can improve confidence with nutritional counseling"--Page vi-vii.

This pilot study was designed to determine if an individualized motivational interviewing approach to oral health education is effective in promoting positive changes in early childhood caries risk-related behaviors of mothers enrolled in the WIC Program in Preston, Idaho. Seventy-two mothers were recruited to complete two pretest and two posttest questionnaires four weeks apart. Mothers in the treatment group experienced an additional counseling type session, motivational interviewing, to promote positive oral health behaviors. No significant changes were found in the mothers' openness to dental health, convenience, and change difficulty nor in the permissiveness in either group. Mothers did not adopt fewer cariogenic feeding practices nor decrease the use of sweets as a reward and for behavior modification. Significant positive changes occurred in the treatment group, however, in the number of times the children's teeth were cleaned or brushed and in the mothers' sharing of utensils with their children.

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Nutrition plays a role in the causes, treatment, and/or management of many chronic diseases, yet the physician's primary responsibility is to treat through medication. Translating research findings and clinical experience into practical treatment recommendations, the book focuses on alleviating chronic illnesses with nutritional support and intervene

Do your patients resist behavior change? Do you need tips and tools to help empower your patients on the road to better health? This guide will help you move your patients toward change. Topics include the transtheoretical model and stages of change; the chronic care model; motivational interviewing; goal setting; building long-term support for patients; helping patients find resources beyond nutrition counseling; health literacy; cultural diversity; and addressing biases in health care.

If you're a healthcare provider or health coach, you CAN use motivational interviewing effectively, even when you have less than 10 minutes with a client. Have you fallen into the trap of trying to 'cover it all' with your client in a short amount of time, only to have it backfire as they stare blankly at you? The techniques and tips outlined in this book will give you the tools you need to most effectively use whatever time you have. This book is the most practical and usable MI reference you'll ever find. We've included many of the settings dietitians, nurses, diabetes educators and health coaches are likely to encounter. We've attempted to cover a wide range of disease states and lifecycle conditions, as well as a variety of client personalities. For each, we've included loads of counseling vignettes, with dialogue you may frequently hear from clients, as well as suggestions on how you might respond. For each vignette, we've included the total time, so you can see just how effective 5-7 minutes can be! Note: When you purchase this book, you also get access to 5 1-hour webinars, each focused on a specific challenge area for short-stint MI. You'll also hear actual dialogue between a client and professional, to give you more ideas about troubleshooting your use of MI in a short timeframe. Ready to set aside your "fixing" reflex and put your client in the driver's seat? Let's get started.

Motivation is a pervasive force that can affect well-being in a variety of life situations, from the more minor through to the ability to overcome addictions and other serious psychological problems. This book presents empirically supported theories (featuring current concerns theory), questionnaires based on these theories (highlighting the Motivational Structure Questionnaire) and varied interventions based on these, with special emphasis on Systematic Motivational Counselling but also including chapters on such approaches as Personality Systems Interaction Theory, expectancy-based approaches, Motivational Interviewing, logotherapy and several others.

People with diabetes often struggle to make healthy choices and stay on top of managing their illness. Filling a vital need, this is the first book to focus on the use of motivational interviewing (MI) in diabetes care. The uniquely qualified authors--physician Marc P. Steinberg has devoted much of his career to diabetes care, and renowned clinical psychologist William R. Miller is the codeveloper of MI--present proven counseling techniques that can make any conversation with a patient more efficacious and motivating. Numerous sample dialogues illustrate specific ways to elicit patients' strengths and help them overcome barriers to change in such areas as eating habits, physical activity, medication use, insulin treatment, substance abuse, psychological issues, and more. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and

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Theresa B. Moyers. Winner (First Place)--American Journal of Nursing Book of the Year Award, Adult Primary Care Category
The text covers communications, counseling, interviewing, motivating clients, delivering oral presentations and using media in presentations. Communication is basic to the relationship that the Registered Dietitian (RD) professional has with their clients. The Academy of Nutrition and Dietetics recognizes the importance of communication skills for practitioners to promote health, disease prevention and treatment. Providing people with information on what to eat is not enough, the RD must also promote and facilitate behavior changes to more healthful food choices. The text incorporates the Nutrition Care Process (NCP) and model, including four steps of nutrition assessment, nutrition diagnosis using PES statement (Problem, Etiology and Signs/Symptoms), nutrition intervention, and nutrition monitoring and evaluation. The PES statements are the most critical in that the Academy of Nutrition and Dietetics has been stressing this as an essential component of their standards and requirements. The text uses activities, case studies, self assessment questions, web references and graphics to engage the student and drive the content home.

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This workbook teaches health professionals how to use motivational interviewing to inspire behavior change among their patients.

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