

Motivational Interviewing In Nutrition And Fitness Applications Of Motivational Interviewing

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~~Motivational Interviewing in Nutrition and Fitness ...~~

Supporting behaviour change is a crucial part of nutritional interventions. Motivational interviewing (MI) is one 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.

~~Motivational Interviewing for Nutrition Consultations ...~~

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~~Motivational Interviewing in Nutrition and Fitness ...~~

As nutrition and fitness professionals, we no longer provide clients with food lists, meal plans and exercise 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.... (read more)

~~Home | Motivational Interviewing in Nutrition and Fitness~~

Reproducible Materials: Motivational Interviewing in Nutrition and Fitness Author: Dawn Clifford and Laura Curtis Subject: 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.

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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 smoking or drinking.

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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.

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Motivational Interviewing for Diet, Exercise and Weight 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. 1

~~Motivational Interviewing for Diet, Exercise and Weight~~

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 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 pressure on the client, MI supports client autonomy while at the same time inviting clients to reflect on their personal motivations for change.

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~~Motivational Interviewing in Nutrition and Fitness by Dawn ...~~

This video is about the Spirit of Motivational Interviewing. Spirit is the guide to the ethical practice of using the powerful strategies and techniques of M...

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