



## Managing Childhood and Adolescent Obesity in Primary Care Settings

# Motivational Interviewing: The Antidote to Frustration and Finger Wagging

### Learning Objectives

Following completion of this session, participants will be able to:

1. Describe the basic components of motivational interviewing and its potential application in treating childhood obesity

### Handouts

- Motivational Interviewing Overview

Presentation slides for today's session will be available on the Web at [www.jumpinforhealthykids.org/cme](http://www.jumpinforhealthykids.org/cme).

11:10  
am

**David Creel, PhD, RD, HSPP**

Behavioral Health Coordinator, Bariatrics, St. Vincent Health

**Disclosure:** Dr. Creel reports no relevant financial relationships with commercial interests.

# Motivational Interviewing Overview

## Components of the MI Spirit

- Collaboration
- Acceptance
- Evocation
- Compassion

## Four Processes in Motivational Interviewing

- Engaging
- Focusing
- Evoking
- Planning

## Communication Skills Involved in Motivational Interviewing

- **Asking**
  - Open-ended questions – Not followed by closed-ended question
  - Fit the assessment to the interview
  - Clarifying questions
  - Avoid premature focus/action awareness
- **Listening**
  - Determine patient's concern
  - Understanding of perspective and experience
  - Listen by reflecting, but not repeating
  - Summarizing
  - Acknowledgment of barriers
  - Reflecting change talk – DARNCAT
- **Informing**
  - View the patient as a person, not an information receptacle
  - What does the patient care about and how is the information related?
  - Positive framework for message
  - What others do
  - Elicit-Provide-Elicit (Filling in gaps of knowledge)

## Remember the RULE

**R** – Resist the righting reflex

**U** – Understand motivation(s)

**L** – Listen

**E** – Empower

## Identifying and Reflecting Change Talk

**Desire:** “I want to.”

**Ability:** “How would you do it?”

**Reasons:** “Why does this matter?”

**Need:** “How serious is this to you?”

**Commitment:** “I’ve decided.”

**Activation:** “I’m ready.”

**Taking Steps:** “This is what I am doing.”

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**Resources:** *Motivational Interviewing in Health Care*, Rollnick Miller and Butler, 2008 & *Motivational Interviewing 3<sup>rd</sup> ed.*, Miller and Rollnick, 2013.