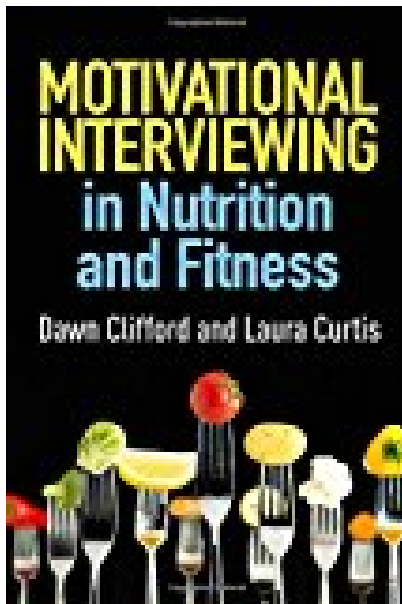


Motivational Interviewing in Nutrition and Fitness Applications of Motivational Interviewing



BOOK DETAILS

- Author : Dawn Clifford PhD
- Pages : 276 Pages
- Publisher : The Guilford Press
- Language : English
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BOOK SYNOPSIS

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.

MOTIVATIONAL INTERVIEWING IN NUTRITION AND FITNESS

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