



Motivational interviewing for weight-loss counseling in pediatric patients.



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What is Motivational Interviewing?

Conducting a Motivational Interview

A person's motivation is influenced by affirmation that he or she has been heard, the belief that the message will be helpful, the level of importance placed on the behavior and his or her level of confidence that the desired behavior can be changed. Through motivational interviewing, you can influence all of these areas. Practice motivational interviewing with a colleague or volunteer to get accustomed to each of the principles and techniques prior to using the strategy with a patient.

Building an Action Plan

Help the patient develop an action plan based on values, motivations and goals discussed during the interview.

- Ask the patient for ideas about ways to change behavior or achieve the identified goals.
- Use the 0 to 10 scale to explore barriers to change, possible first steps and ways to improve the patient's chances for