



UNIVERSITY OF  
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# Motivational Interviewing

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## What is it?

- Motivational Interviewing is a method of working through any ambivalence patients may have around behavioural / lifestyle change to promote a healthier lifestyle and / or improve chronic conditions
- A concept that has a strong evidence base and has been used across various healthcare settings for over 25 years
- Identifies language used by patients and offers strategic responses in order to facilitate change (if wanted)

## What are we going to do?

- Aims and objectives of the session are to introduce the concept and the basic principles of MI
- Touch on the underlying theory
- Put theory into practice
- 45 minutes isn't long!
- Expand your clinical toolbox
- Get started on your journey to the next dimension.....

**#4D**