Hi Everyone,

Thank you for participating in our second discussion about motivational interviewing [this week, last Wednesday, etc.]. [This video](http://www.ihi.org/education/IHIOpenSchool/resources/Pages/Activities/AACHHowCanProvidersElicitPatientPerspectives.aspx) from the Institute for Healthcare Improvement provides an interesting overview of using empathy in discussions. As we discussed, empathy is one of the core principles of motivational interviewing1. The discussion questions listed on the page will not be included in our next conversation, but can be a nice reflection exercise on your own.

See you next time,

Reference:

1. Kelley, C., Sbrocco, G. & Sbrocco, T. (2016). Behavioral Modification for the Management of Obesity. Primary Care, 43(1), 159-175. doi: 10.1016/j.pop.2015.10.004