Hi Everyone,

Thank you for participating in our second discussion about motivational interviewing [this week, last Wednesday, etc.]. Here is an image that highlights questioning skills used in motivational interviewing. A quick way to remember these is using the acronym OARS.



See you next time,

References:

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4. McGinnis P., Davis M., Howk S., DeSordi M. & Thomas M. (2014). Integrating Primary Care Practices and Community-based Resources to Manage Obesity: A Bridge-building Toolkit for Rural Primary Care Practice Transformation.
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