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.

boat with the following written: 

open ended questions: answered with yes or no
affirmations: statement about the positive
reflections: repeat what the patient said
summarizing: tie together main points of the conversation

See you next time,

References:

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3. 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
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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