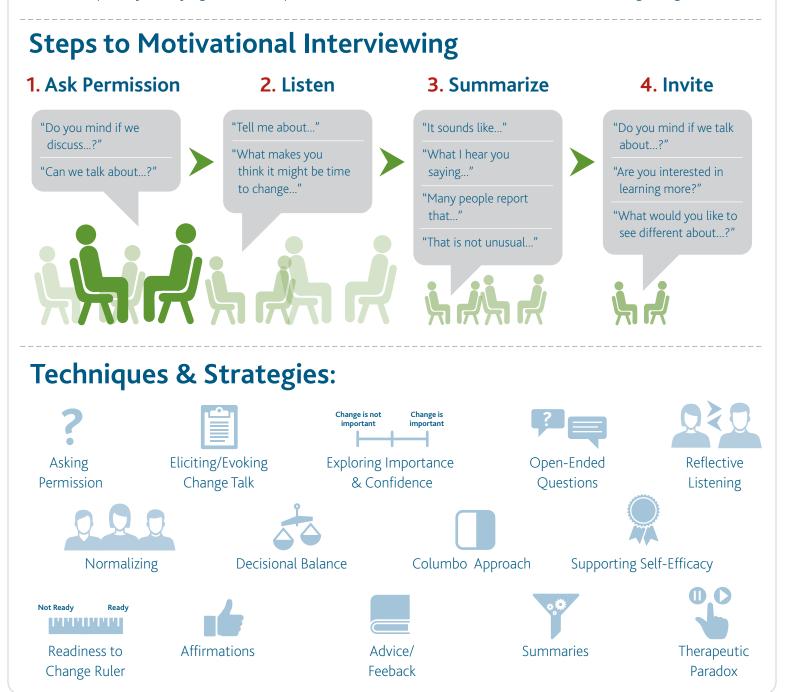
A Handy Guide to Motivational Interviewing



The key to motivational communication? Get away from the "teach and tell" perspective and move towards one of collaboration and empowerment. Share your expertise while understanding the patients' experience and, together, negotiate options.

This is why asking questions, demonstrating empathy and respecting autonomy are key to motivational communication. A simple way of staying true to the spirit of motivational communication is to use the following as a guide:





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