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Interviewing In  
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Nutrition And  
Fitness  
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Applications Of  
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Interviewing  
And Fitness  
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**Fitness**

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Fitness | 15

CPEU Develop a

motivating and

effective

communication

style for

facilitating

lasting changes



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in nutrition...  
Nutrition And  
Implement the  
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Interviewing  
interviewing via  
daily client  
interactions.  
Assist clients  
in working  
through ...

**Motivational  
Interviewing in**

*Page 9/42*

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**Nutrition and  
Fitness | 15**  
**CPEU**

Supporting  
behaviour change  
is a crucial  
part of  
nutritional  
interventions.  
Motivational  
interviewing  
(MI) is one of  
the most  
evidence-based

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Motivational

Interviewing In

Nutrition And

Fitness

Applications Of

change 1-2. MI

is described as:

“a

collaborative,

person-centered

form of guiding

to elicit and

strengthen

motivation for

change” 3.

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Motivational  
Interviewing In

**Motivational  
Interviewing**

Motivational  
Interviewing for  
Diet, Exercise  
and Weight.

Motivational  
interviewing  
aims to enhance  
self-efficacy  
and personal  
control for  
behavior change.

# Acces PDF

## Motivational Interviewing In

It uses an  
interactive,  
empathic

listening style  
to increase

motivation and  
confidence by

specifically  
emphasizing the  
discrepancy  
between personal  
goals and  
current health  
behaviors.

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and Weight**

The Motivational  
Interviewing  
Toolkit for the  
Metabolic  
Clinician. The  
Motivational  
Interviewing  
Toolkit  
includes: A

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Interviewing In  
detailed  
Nutrition And  
understanding of  
Fitness  
the principles  
Applications Of  
of MI as it  
Motivational  
relates to the  
Interviewing  
metabolic  
patient The  
stages of  
readiness to  
change as well  
as tools to use  
and questions to  
ask at each  
stage as it

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Interviewing In

relates to the  
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Applications Of

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Interviewing

**Interviewing In**

**Nutrition And**

Motivational

Interviewing in

Nutrition and

Fitness is a

practical, user-

friendly



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Interviewing In

resource for  
practitioners

and students

interested in

developing MI

techniques using  
a weight-neutral

approach.

Educators

searching for

appropriate

textbooks to

adopt would find

this a

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beneficial  
Nutrition And  
addition to the  
Fitness  
classroom.”

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the proven,  
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popular  
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approach, Applications Of  
Motivational  
Interviewing  
Interviewing  
(MI), and shows  
how to integrate  
it into present  
counseling  
interactions  
with clients.

**Motivational**

*Page 19/42*

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Interviewing In

**Interviewing – A**

**Unique Approach**

**to Behavior ...**

Applications Of

interviewing

(MI) is a

patient-centered

method for

enhancing

intrinsic

motivation to

change health

behavior by

exploring and

# Acces PDF Motivational Interviewing In resolving ambivalence.

Numerous studies  
have illustrated  
the efficacy of  
MI as a  
promising  
strategy to  
encourage  
positive health  
behavior change  
around substance  
abuse, oral  
health and diet

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Interviewing In  
and exercise.  
Nutrition And

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Fitness ...**

Making and  
maintaining  
lasting changes  
in nutrition and  
fitness is not  
easy for anyone.  
Yet the  
communication

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style of a  
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health  
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professional can  
Applications Of  
make a huge  
Motivational  
difference. This  
Interviewing  
book presents  
the proven  
counseling  
approach known  
as motivational  
interviewing  
(MI) and shows  
exactly how to  
use it in day-to-

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day interactions

Nutrition And

with clients.

Fitness

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**Nutrition and**

**Fitness ...**

As nutrition and

fitness

professionals,

we no longer

provide clients

with food lists,

meal plans and



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Interviewing In  
exercise  
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Applications Of  
their way.  
Motivational  
Within the  
Interviewing  
health field,  
simply giving  
advice has been  
replaced with  
motivational  
interviewing  
(MI), a  
compassionate,  
non-judgmental

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Interviewing In  
communication  
Nutrition And  
style....  
Fitness

**Motivational Of  
Interviewing in  
Nutrition and  
Fitness by Dawn**

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**Healthcare ...**

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Interviewing in  
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Clifford, Laura

Curtis Summary

Making and  
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lasting changes  
in nutrition and  
fitness is not  
easy for anyone.

Yet the  
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style of a

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health  
Nutrition And  
professional can  
Fitness  
make a huge  
Applications Of  
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Nutrition  
Consultations**

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Nutrition And

MI in situations

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encountered by

the RD: what to

do when you

don't have much

time with a

client, when a

client is

resistant to

change, and how

to challenge

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Unique Approach

to Behavior

*Page 32/42*



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Change  
Nutrition And  
Counseling By  
Ellen R.

Glovsky, PhD,  
RD, LD, and Gary  
Rose, PhD ... is  
a principal of  
the Institute  
for Motivation  
and Change and  
the program  
coordinator of  
the graduate  
program in

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nutrition at  
Northeastern  
University in  
Boston.

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**Today's**  
**Dietitian ...**

Motivational  
interviewing  
is one of the  
best tools for

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helping people

Nutrition And

overcome

Fitness obstacles to

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it's changing

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exercise, or

cutting back on

things like

smoking or

drinking.

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**Interviewing:**

*Page 35/42*

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**Free . . . –**  
**Precision And**  
**Nutrition**

Applications Of  
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Interviewing  
interviewing is  
grounded in a  
respectful  
stance with a  
focus on  
building rapport  
in the initial  
stages of the  
counseling  
relationship. A

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central concept  
of MI is the

identification,

examination, and

resolution of

ambivalence

about changing

behavior.

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Making and

maintaining

lasting changes

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fitness is not

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**Reproducible**

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**Materials:**  
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**Interviewing in**  
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Motivational  
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also recommends  
assessing a  
patient's  
confidence,  
ability, and  
commitment to

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achieving agreed-upon goals,

Nutrition And

Fitness

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successful

behavior change.

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**Nutrition and**

**Fitness (19 ...**

– Dawn Clifford,

PhD, RD, is an

associate



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professor at  
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California State  
University,  
Chico, in the  
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nutrition  
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counseling and  
education, and  
author of  
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