

## Motivational Interviewing for the Exercise Professional

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Introduction

### Course Objectives

Upon completion of this online module, students will be able to:

- Describe the spirit, core principles, and key processes of motivational interviewing,
- Identify strategies to evoke statements in favor of behavior change,
- Begin using and practicing the core interviewing skills of MI, and
- Summarize the major findings of research interventions using MI to support the adoption and maintenance of regular physical activity.

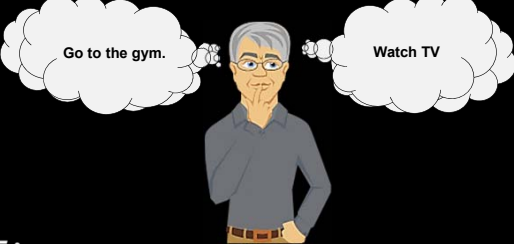



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Overview of Motivational Interviewing

### What is ambivalence to change?

**ambivalence:** uncertainty or continual fluctuation, especially when caused by an inability to make a choice or by a simultaneous desire to say or do two opposing or conflicting things.



*Ambivalence about change is normal.*



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Core Interviewing Skills of MI

### OAARS – Reflective listening

**Reflective listening** is a communication skill seeking to understand the client's thoughts, feelings, and ideas, which are then offered back to the client to confirm understanding and elicit more information.

Types of reflective statements:

- Simple
- Complex
- Amplified
- Double-sided
- Feeling
- Reframing






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MI Research

### Section Overview

The final section will review several selected research studies and articles that have included motivational interviewing as an intervention to promote physical activity behavior change.



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Final Quiz

### Final Quiz

The final quiz consists of 20 multiple-choice questions. To receive four (4) NETA continuing education credits (CECs) for this course, you must attain a minimum score of 70%.

**IMPORTANT:** Please read and follow the instructions provided at the end of the quiz to obtain documentation of your CECs.

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