New Year, New Attitudes: Resolutions for Counseling Weight Management

Motivational Interviewing Resources

• Free e-mail newsletters and CEU training workshops for RDs available at <u>www.mollykellogg.com</u>, <u>www.trainingwithdrellen.com</u>, <u>www.motivationalinterviewing.org</u>, and <u>www.wellcoaches.com</u>.

• "How Coaching Works" <u>http://www.youtube.com/watch?v=UY75MQte4RU</u>

• American Academy of Pediatrics, "Motivational Interviewing: What Is MI and Is It Effective?": <u>www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/communicating-with-families/pages/Motivational-Interviewing.aspx</u>

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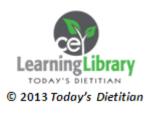
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