

# New Year, New Attitudes: Resolutions for Counseling Weight Management

## Motivational Interviewing Resources

- Free e-mail newsletters and CEU training workshops for RDs available at [www.mollykellogg.com](http://www.mollykellogg.com), [www.trainingwithdrellen.com](http://www.trainingwithdrellen.com), [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org), and [www.wellcoaches.com](http://www.wellcoaches.com).
- “How Coaching Works” <http://www.youtube.com/watch?v=UY75MQte4RU>
- American Academy of Pediatrics, “Motivational Interviewing: What Is MI and Is It Effective?": [www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/communicating-with-families/pages/Motivational-Interviewing.aspx](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/communicating-with-families/pages/Motivational-Interviewing.aspx)

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