

Motivational Interviewing Tips

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Pre-test Questions

- 1) When collaborating on setting goals with families, the phrase, “parents provide and children decide,” means that parents provide the structure and resources for goals but children should be able to decide and make choices on how goal is completed.

True

False

- 2) This is an example of a S.M.A.R.T. goal. “Family will increase their current level of physical activity.”

True

False

- 3) When setting goals with families, it is acceptable for goals to be small and incremental vs the “gold standard.”

True

False