

Behaviour Change

The resident will be able to:

1. Describe the theory of stages of change.
2. Describe the principles of motivational interviewing.
3. Apply these approaches to specific cases of patient's behavior change in situations of increased clinical risk, e.g., smoking cessation, alcohol dependence, diabetes.

Feedback and suggested modifications for these objectives are encouraged after each session. Please direct your comments to your site Curriculum Coordinator.