

# Example of Office Encounter: Using Motivational Interviewing

**Scene:** Provider and overweight adolescent.

Part of a Well-Child visit

**Time:** < 3 minutes

**Physician:** Do you mind if we take a few minutes to discuss ways to stay healthy and energized?

**Adolescent:** Okay.

**Physician:** How do you feel about your health and energy levels?

**Adolescent:** Alright, I guess. I know I'm overweight, but I'm just not sure what to do about it. People always tell me to eat more vegetables, but I don't like them. Also, I don't usually have a lot of energy.

**Physician:** Ah, so you know you are overweight and your energy levels are low.

**Adolescent:** Yeah.

**Physician:** Would you be interested in learning about ways to achieve a healthy weight and have more energy?

**Adolescent:** I guess so. As long as it's not just "Eat more vegetables".

**Physician:** Sure. Let's explore some different things. One thing that is often associated with overeating and sedentary behavior is screen time. Could we talk about that?

**Adolescent:** Okay. What do you mean by screen time?

**Physician:** I mean TV, movies, videos games and computer.

**Adolescent:** Ah, yes. I watch a lot of TV.

**Physician:** Do you think you watch too much TV?

**Adolescent:** Yeah, probably. I watch it when I get home from school and then before I go to bed. There's usually nothing good on, there's just nothing else to do.

**Physician:** You know you watch a lot of TV, but it sounds like it's out of habit or boredom a lot of the time. Did I hear you correctly?

**Adolescent:** Yes.

**Physician:** Would you like to consider reducing your screen time?

**Adolescent:** Yes.

**Physician:** Great. Let's discuss some next steps . . .

Invite adolescent to come back for a planned visit around healthy weight. At this planned visit, the provider would have time to further delve into the spirit of Motivational Interviewing.