

Connect to Quit Corner

Ask. Advise. Assess. Connect to Quit.

“The way in which you talk with patients about their health can substantially influence their personal motivation for behavior change.”

(Rollnick, Miller & Butler, 2008)



Motivational enhancement techniques include:

1. Non-judgmental, reflective listening
2. Expressing genuine empathy
3. Exploring ambivalence about both the pros & cons of quitting tobacco
4. Avoiding arguing with or confronting the patient
5. Supporting self-efficacy or confidence to quit

Learning motivational enhancement techniques requires time and practice.

To learn more, visit <http://www.motivationalinterview.org/>

MDQuit.org

Maryland's Tobacco Resource Center - Linking Professionals to Best Practices

Maryland's

1-800



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