Hoofdstuk 21

Links naar documenten:

*n.v.t.*

Links naar filmpjes:

**Introduction to Motivational Interviewing**

30 mei 2013; 17.22 min.

In this slide presentation I talk about the basic concepts of Motivational Interviewing (MI). After a brief definition, topics include: the Spirit of MI, The four basic OARS skills, and the "processes" of MI.

http://www.youtube.com/watch?v=s3MCJZ7OGRk

**Three Myths of Behavior Change - What You Think You Know That You Don't: Jeni Cross at TEDxCSU**

20 mrt. 2013; 18.30 min.

Jeni Cross is a sociology professor at Colorado State University. She has spoken about community development and sustainability to audiences across the country, from business leaders and government officials to community activists. As a professor and consultant she has helped dozens of schools and government agencies implement and evaluate successful programs to improve community well-being. In this talk, she discusses her work around changing behaviors. This video was originally posted 3/14/2013 and received 481 views. This corrected version was posted on 3/20/2013.

http://www.youtube.com/watch?v=l5d8GW6GdR0

Links naar websites:

- [www.BSL.nl](http://www.BSL.nl): website van uitgeverij BSL.
- [www.zorgvoorgezondgewicht.nl](http://www.zorgvoorgezondgewicht.nl): gaat over preventie en behandeling van overgewicht en obesitas bij kinderen en ouderen.