

**TOPIC: IN SUPPORT OF INCREASED AWARENESS OF MOTVATIONAL INTERVIEWING**

**SUBMITTED BY: Mount Mercy University Association of Nursing Students**

**AUTHORS: Andrea Wilhite, McKenna Hogan, and Stephanie Timm**

1 WHEREAS, “In the 21<sup>st</sup> century, health care is increasingly about long-term condition  
2 management and thus about health behavior changes-those things that people can  
3 do to improve their health”; and  
4  
5 WHEREAS, “Motivational interviewing (MI) has been defined as a person-centered method of  
6 guiding to elicit and strengthen personal motivation for change”; and  
7  
8 WHEREAS, “MI is a person-centered, goal-oriented approach to facilitating change through  
9 exploring and resolving ambivalence”; and  
10  
11 WHEREAS, “MI uses nonconfrontational interpersonal communication techniques to motivate  
12 patients to change behavior”; and  
13  
14 WHEREAS, “The goal of MI is to facilitate fully informed, deep thought out, internally  
15 motivated choices – not to change behavior”; and  
16  
17 WHEREAS, “MI is a valuable tool for nurses to help patients address behavior change”; and  
18  
19 WHEREAS, “MI includes the use of any intervention that enhances the patient’s motivation  
20 for change”; and  
21  
22 WHEREAS, “MI also promotes autonomous behavior change by linking change to the  
23 person’s broader goals, values, and sense of self”; and  
24  
25 WHEREAS, “MI encourages individuals to work through their ambivalence about behavior  
26 change and to explore discrepancy between their current behavior and broader life  
27 goals and values"; therefore be it  
28  
29 RESOLVED, that the Iowa Association of Nursing Students (IANS) support the need for  
30 education by making information about MI available to nursing students through  
31 the IANS website, if feasible.; and be it further  
32 RESOLVED, that the IANS send a copy of this resolution to the Iowa Nurses Association, the  
33 Iowa Board of Nursing, and all others deemed appropriate by the IANS Board of  
34 Directors.