Handout: Active and Reflective Listening

References

DiLillo V, Siegfried NJ, West DS. Incorporating motivational interviewing into behavioral obesity treatment. *Cogn Behav Pract*. 2003;10(2):120-130.

Doas M. Are we losing the art of actively listening to our patients? Connecting the art of active listening with emotionally competent behaviors. *Open J Nurs*. 2015;**5**:566-570. doi: 10.4236/ojn.2015.56060.

Freshwater M, Christensen S, Oshman L, Bays E. Behavior, motivational interviewing, eating disorders, and obesity management technologies: An Obesity Medicine Association (OMA) Clinical Practice Statement (CPS) 2022. Obesity Pillars 2022; 2:100014.

Hashim MJ. Patient-centered communication: Basic Skills. Am Family Physician. 2017;95(1):29-34.

Miller W, Rollnick S. Motivational interviewing: Helping People Change. 3rd ed. New York, NY: Guilford Press; 2013.

Pollak KI, Alexander SC, Tulsky JA, Lyna P, Coffman CJ, Dolor RJ, Gulbrandsen P, Ostbye T. Physician empathy and listening: associations with patient satisfaction and autonomy. *J Am Board Fam Med.* 2011 Nov-Dec;24(6):665-72. doi: 10.3122/jabfm.2011.06.110025.

Rosengren DB. Building motivational interviewing skills: A practitioner workbook. 2nd Ed. 2018. The Guilford Press, New York.



