

## 1. Narrative Medicine in Clinical Practice

- **What it is:** Using patient stories to foster empathy, trust, and collaboration.
  - **How to apply:**
    - Listen deeply to patient narratives to understand their values and experiences.
    - Use stories to align care with what matters most to the patient.
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## 2. Motivational Interviewing (MI) Techniques

- **Core principles:** Partnership, acceptance, compassion, and evocation.
  - **OARS method:**
    - Open-ended questions
    - Affirmations
    - Reflections
    - Summaries
  - **Goal:** Elicit "change talk" and support patient-driven behavior change.
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## 3. Creating a Permission Structure for Discussing Weight

- **Why it matters:** Reduces shame and fosters trust.
  - **How to do it:**
    - Frame conversations around **health outcomes**, not appearance or failure.
    - Use empathetic, nonjudgmental language.
    - Ask for permission: *"Would it be okay if we talked about your weight today?"*
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## 4. Setting Patient-Centered Goals

- **Move beyond SMART goals:** Use frameworks like **CREAM** (Clear, Realistic, Empowering, Achievable, Measurable) or **WOOP** (Wish, Outcome, Obstacle, Plan).
  - **Focus on lifestyle:** Help patients identify small, actionable steps toward the life they want (e.g., playing with grandkids, not just losing weight).
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## 5. Navigating Resistance with Empathy

- **Understand resistance:** It's often rooted in ambivalence, not defiance.
- **Strategies:**
  - Use reflective listening and curiosity.
  - Roll with resistance; don't argue.
  - Explore patient motivations and solutions.

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## 6. Leveraging Interdisciplinary Support

- **When to involve others:** Dietitians, therapists, etc., for comprehensive care.
  - **Tools to share:**
    - **Diets:** MIND, DASH, or other evidence-based plans.
    - **CBT exercises:** Thought records to address emotional eating.
    - **Apps:** Free tools for tracking food, activity, or mood.
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## 7. Practical Tips for Patient Conversations

- **Food journals:** Use with caution; focus on patterns, not perfection.
  - **Self-disclosure:** Be mindful; share sparingly and only if it helps.
  - **Countertransference:** Stay aware of your own biases or emotional reactions.
  - **Intrinsic motivation:** Focus on meaningful outcomes (e.g., health, energy) rather than extrinsic goals (e.g., fitting into a size 8).
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## 8. Addressing Systemic Issues

- **Acknowledge external factors:**
    - Policy failures in the food system.
    - The low success rate of traditional diets.
  - **Educate patients:** Help them understand obesity as a complex, multifactorial condition.
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## 9. Closing Thoughts

- **Be the expert:** Build long-term relationships to counter misinformation.
  - **Leave the door open:** Respect patients' choices, even if they're not ready to change.
  - **Empower patients:** Provide options (medications, lifestyle changes, surgery, counseling) and let them choose.
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## 10. Call to Action

- **Encourage collaboration:** Work together to support patients in meaningful ways.
- **Offer resources:** Share handouts (e.g., MIND diet, CBT exercises) and tools.
- **Invite questions:** Be available for follow-up discussions or resource sharing.