

Solution Focused Brief Therapy Handouts

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Motivational Interviewing (MI) is a directive patient-centred style of counselling, designed to help people to explore and resolve ambivalence about behaviour change. It was developed as a treatment for alcohol abuse, but may help people to a ...

Motivational interviewing for smoking cessation

2 hrs post prandial blood sugar □□cookbook. The "Rule of 15" is an easy method for treating low blood glucose. The method is called the Rule of 15 because you treat lows with approximately 15 grams of fast-acting carbohydrate (such as glucose tablets or gels, fruit juice, or regular soda) and then retest your blood glucose after 15 minutes.

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