



MAND SPRING CONFERENCE

THE JOURNEY FORWARD



**Friday April
8, 2022**

MAND PRESENTS....

Angelina Moore Maia

The Power of Conversation: Motivational Interviewing and Patient Connection to Support Behavior Change

This session is designed to introduce and expand participants' knowledge and competence utilizing motivational interviewing (MI) in nutrition education. We will discuss the overall structure of and how it can be incorporated into your conversations with your patients to help promote behavior change. Topics to be covered include the role of empathy in building relationships, addressing ambivalence around behavior change, and the skills utilized in evoking change talk.

About Angelina...

Angelina Moore Maia, PhD, RDN, LDN, has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2016. She is a behavioral nutritionist and has practiced both clinical and outpatient dietetics in Maine and Boston, Massachusetts.

Angelina completed her PhD in Food and Nutrition Sciences at the University of Maine with a research focus on healthful lifestyles for children and motivational interviewing. She received her Bachelor of Science degree in Nutritional Sciences from the University of New Hampshire and her Master of Science degree in Food Science and Human Nutrition from the University of Maine. Research interests include motivational interviewing and promoting nutrition-related behavior change.

As a MINT trainer, Angelina provides MI trainings for national healthcare companies and local organizations. She also serves as an MI coach and has been trained in MITI coding. Angelina is currently the Assistant Director of Graduate Programs in Applied Nutrition and the Director of the RDN Focus for the College of Graduate and Professional Studies at the University of New England.