

How to Use “Ask-Offer-Ask” as a Brief Motivational Interviewing Intervention

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Length: 3 hours

One hour and 30 minutes

- Introduction and overview
- Why conversations matter
- What is a brief intervention?
- Why brief interventions matter
- Introducing “Ask-Offer-Ask” (AOA)
- The moving parts of AOA
- Why AOA works

One hour and 30 minutes

- Why AOA works (continued)
- AOA reflects motivational interviewing spirit
- Reciprocity
- What gets in the way
- AOA in practice
- What would it take to try this tomorrow?
- Real-Life Applications
- A return to ourselves
- Keep the conversation going!

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