



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

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Date: May 23, 2025

Time: 11:00 AM to 2:15 PM ET (*All times East Coast USA Local Time*)

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| 11:00 am – 12:30 pm | <ul style="list-style-type: none">• 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 |
| 12:30 – 12:45 pm | <ul style="list-style-type: none">• Break |
| 12:45 – 2:15 pm | <ul style="list-style-type: none">• 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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