

## **Change Talk – Childhood Obesity**

(Kognito)

**Version:** no. 2.0 (Android), 2.4 (Apple)

**Last update:** 24/09/2016 (Android), 15/11/2017 (Apple)

**Date of review:** March 2018

**Cost:** FREE

**Platform:** Android & Apple

**Purpose:** Approx. 45min training tool for health professionals wanting to learn and/or practice motivational interviewing techniques. Includes i) Patient centered counseling, ii) Reflective listening, and iii) Sustain talk. Each section is supported with teaching videos (~12mins each), participant questions and simulated conversations with a range of responses available to try.

**Suitable for:** Health Professionals & Workers engaging in difficult ‘behavior change’ conversations with clients.

**Clinical safety:** No concerns identified

### **Pros:**

- Simple, non-threatening medium to learn about & practice MI conversations with clients
- Standalone app (works without the internet)
- Supported by the American Academy of Paediatrics
- Offers (and refers to) additional supporting materials and references

### **Cons:**

- Nil of note



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### *Dietitian recommendation:*

***This app is a useful training tool with a good amount of information for health professionals to learn about – or revise – motivational interviewing techniques. The three main concepts are explained and demonstrated clearly. The ability to ‘try out’ different responses in a simulated clinic setting is insightful and empowering.***

***Highly recommended for anyone engaging in tricky conversations with their clients (about a range of topics)!***

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