

Molly Kellogg's Counseling Intensive Outline

Introduction: The process perspective
How behavior change happens
Introduction to Motivational Interviewing
What is Resistance?
How to work with Resistance
 Backing off
 Fundamental counseling skills
 Change talk
 Readiness Tracking
 Unpacking your client's meaning (practice with partners)
 Exploring confidence and skills
 Helping clients gain more choice
 Providing advice
 Effective use of mirroring (practice with partners)
 Using behavioral experiments
Professional Boundaries
 Using self-disclosure ethically and effectively
 Answering personal questions
The role of on-going supervision in advancing your skills
Supervision of tough cases
Making a plan to grow your counseling skills

Issues that will probably be covered during discussion of other topics:

Sticky situations (dual relationships, how to refer out, etc.)
Suggested wording when you feel stuck
Maintaining appropriate boundaries
Self care and avoiding burn out
Coordinating care with your client's psychotherapist
Special issues in eating disorders work
What to do when you have very little time
How to get clients to come back for follow up sessions
Keeping sessions on track

Other topics that we might get to:

Working with clients' strong feelings

Reframing skills

Understanding and handling transference, countertransference, projection and splitting

Handouts:

Schedule

PowerPoint slides handout

Glossary of Therapy Terms

What is Professional Supervision?

Counseling Tips for Nutrition Therapists: Practice Workbook

Searching for Change Talk

Suggested Reading

Evaluation Form

Format:

A mix of presentation, practice with partners and group discussion.

Eight videos of counseling sessions demonstrate techniques.

Suggested ADA Learning Needs Codes: 1000, 1040, 1120, 5070, 5080, 5090, 5020, 5200, 5370, 6000, 6010, 6020, 6030, 6040, 6070, 7200 (CDR allows you to choose which of your learning needs you believe have been met by the program.)