

# Molly Kellogg's Counseling Intensive

## Educational Objectives

Participants will

- Understand why behavior change is so difficult.
- Recognize and address resistance to change.
- Practice evidence-based behavioral change skills
- Formulate a plan for further practice and skill enhancement

## Day One

Introduction: The process perspective

How behavior change happens

Fundamental counseling processes (OARS)

Open Questioning

Practice using OQ to engage and explore what is important to the client

Affirming

Practice affirming

Reflecting

Practice reflecting

Summarizing (Introduction)

What is resistance?

Rolling with resistance

Practice rolling with resistance

Our part in resistance

Self care

## Day Two

Change talk (DARN CAT)

Practice finding and reflecting change talk

Practice eliciting change talk

Summarizing

Practice summarizing change talk

Exploring confidence and skills

Providing advice effectively

Behavioral experiments

## Professional Boundaries

Using self-disclosure ethically and effectively

Handling personal questions

Dual relationships

Time boundaries

Evidence for counseling approaches

Making a plan to grow your counseling skills (more practice)

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

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

## Handouts:

Counseling Tips for Nutrition Therapists: Practice Workbook, Vol 1

Schedule

PowerPoint slides handout

Searching for Change Talk

Glossary of Therapy Terms

Suggested Reading

Next Steps Worksheet

## Format:

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

Videos of counseling sessions demonstrate techniques.

**Suggested CDR 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.)