

# Toolbox for Nutrition Counseling Education

## Packet Introduction

(Includes Add On 09 materials in red)

This is a collection of resources for teaching the *process* of nutrition counseling. They are appropriate for undergraduate and graduate nutrition programs, dietetic internships and continuing education programs. *This is not intended to be a complete curriculum. It is a collection of resources for you to add to an existing course or training program.*

**We suggest that you make a back up copy of all the files in case you lose the flash drive.**

My intention is to provide high quality materials. Your feed back is welcome.

This Packet contains:

- Counseling Tips for Nutrition Therapists: Practice Workbook, Vol 1. Bulk orders can be placed at [www.mollykellogg.com](http://www.mollykellogg.com).
- A flash drive with
  - 68 PowerPoint slides with accompanying notes (KelloggCounseling.ppt) **plus 4 add-on slides (KelloggCounselingAddOn-09.ppt)**
  - 18 Video vignettes with commentary and suggestions for use (VideoComentaries.pdf)
    - Addressing Myths: (5:35)
    - Ambivalence: (5:54)
    - Confidence 1: (3:53)
    - Confidence 2: (10:52)
    - Empowering the Client: (5:54)
    - Experiments 1: (4:07)
    - Experiments 2: (3:50)
    - Help, what do I do now?: (1:58)
    - Mirroring: (4:58)
    - Offering Advice: (2:17)
    - Personal Question 1: (5:00)
    - Personal Question 2: (8:15)
    - Importance: (5:54)
    - Long Segment: (12:28)
    - Resistance – Backing Off: (4:32)
    - Self disclosure: (3:14)
    - Unpacking Meaning and Importance: (4:24)
    - When You Have Little Time: (5:09)
  - In-class exercises (Student Handout and Teachers' Guide for each)
    - **Mirroring** (MirrorongExercise.pdf & MirroringExerciseGuide.pdf)
    - **Unpacking** (UnpackingExercise.pdf & UnpackingExerciseGuide.pdf)
    - **Working with Confidence** (ConfidenceExercise.pdf & ConfidenceExerciseGuide.pdf)
    - **Elicit/Provide/ Elicit** (ElicitProvideElicitExercise.pdf & ElicitProvideElicitExerciseGuide.pdf)
    - **Handling Personal Questions** (PersonalQuestionsExercise.pdf & PersonalQuestionsExerciseGuide.pdf)
    - **Change Talk** (ChangeTalkExercise.pdf & ChangeTalkExerciseGuide.pdf)
  - Student Assignments (Assignments.doc)

- Handouts:
  - **Glossary of Therapy Terms** (GlossaryTherapyTerms.pdf)
  - **Language for Working with Resistance** (LanguageForResistance.pdf)
  - Open and Closed Questions (OpenClosedQuestions.pdf)
  - **What is Professional Supervision?** (ProfessionalSupervision.pdf)
  - **Change Talk** (ChangeTalk.pdf)
  - **Searching for Change Talk** (SearchingForChangeTalk.pdf)
- Supervisors' Guide for Practical Counseling Experience (SupervisorsGuide.pdf, updated 09) & Counseling Session Feedback Form (CounselingSessionFeedbackForm.pdf)
- Other Resources for you and your students, updated 09 (Resources-09.pdf)

Outline of Topics Covered:

How Behavior Change Happens

What is resistance?

Internal Resistance

Introduction to Motivational Interviewing

Fundamental Counseling Skills/Concepts

How to work with resistance: Slide 23

- Backing off
- Tracking readiness
  - Exploring importance and meaning
  - Exploring confidence and skills
  - A format for attending to readiness
- Choice and Control
- Mirroring ambivalence
- **Change Talk**
- Behavioral experiments

The Counselor's Role

The Strength of Eating Behaviors

Easy Formats for Sessions

Issues of Professional Boundaries

- Self-disclosure
- Handling personal questions
- Dual Relationships
- Time Boundaries

Concepts from the mental health field

- Transference & counter transference
- Defenses & Coping Mechanisms
- Denial
- Projection
- Splitting

Life-long learning of counseling skills

- Consultation & Professional Supervision

Topic	Tip #	Slide #	Class Exercise	Video	Handout
How Behavior Change Happens		1-6			
What is Resistance?		7-9			
Internal Resistance		10			
Introduction to Motivational Interviewing		11-12			

Fundamental Counseling Skills/Concepts	2, 6	13-22	Mirroring & Counseling Session Feedback Form	Mirroring	Open & Closed Questions
How to work with resistance	9	23			Language for Working With Resistance
Backing off		24-26		Resistance/ Backing Off	
Tracking readiness	7	27			
Exploring Importance and Meaning	20	28-31	Unpacking	Importance & Unpacking Meaning and Importance	
Exploring confidence and skills		32-33	Confidence	Confidence 1&2	
A format for attending to readiness		34-36	Elicit/Provide/ Elicit	When you have little time	
Choice and Control	4	37-40			
Mirroring Ambivalence		41-42		Ambivalence	
Change Talk		1-4 AddOn09	Searching for Change Talk		Change Talk
Behavioral experiments	3	43-46		Experiments 1&2	
The Counselor's Role	25	47			
The Strength of Eating Behaviors		48			
Easy Formats for Sessions		49			
Self-disclosure	1	50-53		Self-disclosure	
Handling Personal Questions		54-56	Personal Questions	Personal Questions 1&2	
Dual Relationships		57			
Time Boundaries	21	58			
Transference & Counter Transference		59-60			
Defenses & Coping Mechanisms		61-62			Glossary of Therapy Terms
Denial		63			
Projection		64			
Splitting		65			
Life-long Learning of Counseling Skills		66-68			
Consultation & Professional Supervision	11	69-71			What is Professional Supervision