

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.
- 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 (VideoComentarios.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** (MirroringExercise.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 |