

## Recorded Tele-Classes

### 50-minute digital recordings

Ready to download and listen to right now on your computer or mp3 player or save them and play over and over.

One CPE Credit available for Registered Dietitians for each class. \$15 per class.

Topics available now:

- When You Have Very Little Time
- Open and Closed Questions
- Working with Experiments
- Reframing in Nutrition Counseling
- How to Get Clients to Return for Follow-Up Visits
- Appropriate Use of Self Disclosure
- Dealing with Resistance
- Burnout in Nutrition Counseling
- Working with What is Important to Your Client
- How to Work with Family of Clients
- Effective Ways to Provide Nutrition Information

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### Counseling Tips for Nutrition Therapists, Vol 2 E-book

Tips # 26 - 50 in an e-book for download  
62 page PDF document \$19

**Free Counseling Tips** for Nutrition Therapists e-mail series! Subscribe and check out the archives at [www.mollykellogg.com](http://www.mollykellogg.com)



## Toolbox for Nutrition Counseling Education

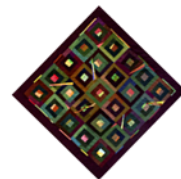
### Professors and Internship Directors...

- Do your students need to practice fundamental counseling skills?
- Searching for videos to show counseling techniques?
- Wonder how to provide feedback to students and interns with their first clients?

Handy Resources to use right away in your course or training program.

All in a convenient flash drive along with a copy of *Counseling Tips for Nutrition Therapists: Practice Workbook, Vol. 1.* \$249

**Molly Kellogg RD, LCSW**  
*Psychotherapist and Nutrition Consultant*



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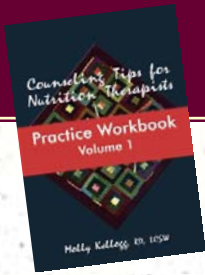
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**Molly Kellogg RD, LCSW**

*Resources to Enhance  
Your Counseling*

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## Counseling Tips for Nutrition Therapists

**Practice Workbook, Vol. 1**  
200 pages \$39

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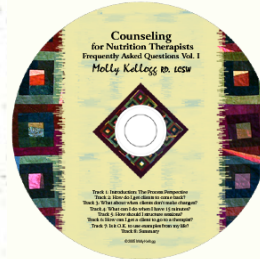
- Tip # 1 Use of Self-disclosure
- Tip # 2 Using Your Client's Name
- Tip # 3 Experiments
- Tip # 4 Asking Your Client for Ideas and Direction
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- Tip # 25 Our Roles as Nutrition Therapists

**Case Studies, Sample Dialogs and more!**

CPE add-on available: 9 credits \$120.

## Counseling for Nutrition Therapists: Frequently Asked Questions

**One—hour CD or mp3 download. \$15**



- How do I get clients to come back?
- What about when clients don't make changes?
- What can I do when I have only 15 minutes?
- How should I structure sessions?
- How can I get a client to go to a therapist?
- Is it O.K. to use examples from my life?

2 Credits available for RDs and DTRs (includes live phone call.) \$35 add-on

### Personalized Supervision

Choose either **individual** or **small group** phone calls.

- Discussion of cases
- Exploration of the counselor's own issues that come up in sessions
- Practice of new skills
- Advice on what to try next with a particular client
- Support for limit-setting, handling burn-out, etc.

## Molly Kellogg's Counseling Intensive: Live Workshop & Home Study

Presented in the same weekend with **Jessica Setnick's Eating Disorders Boot Camp**

Charlotte, NC—July 24-26, 2009  
Denver, CO—Oct 16, (Intensive only. 6 credits)  
Las Vegas, NV: December 4—6, 2009  
St. Paul, MN: April 16—18, 2010

9 CPEs or 18 for the whole weekend. \$315 per workshop. Discount for both workshops.

### Home Study Version



\$199 Includes:

- 6 hours of CDs.
- PowerPoint handout pages with room to take notes.
- Practice Workbook
- 30 minute individual, live phone call with Molly: Your opportunity to ask questions. Mentoring to incorporate techniques into your practice.

