

# Calendar

**Molly Kellogg, RD, LCSW**

**This is who I am...**

I am passionate about helping you make a difference in your clients' lives. Having been as stuck and frustrated as you when clients don't follow advice I'm excited to pass on what I know.

After five years as a clinical dietitian, I started a private practice in 1985. The results were discouraging. I needed more skills so I returned to school for a graduate social work degree 17 years ago. My practice now includes both psychotherapy and nutrition care for those with eating disorders and disordered eating.

As I gained new insights into effective nutrition counseling I began writing monthly "Counseling Tips for Nutrition Therapists." The Tips have developed into Practice Workbooks, supervision groups for dietitians around the country and training programs such as this.

I've worked hard to build skill in guiding people to make vital health behavior changes. Now I want to share them with you. Are you ready?

For more information:  
[molly@mollykellogg](mailto:molly@mollykellogg)  
 215-843-8258



**2012:**

- New Orleans, LA:** January 6 - 7
- Durham, NC:** February 3 - 4
- San Francisco, CA:** March 23 - 24
- Denver, CO:** April 13 - 14
- Chicago, IL:** May 18 - 19
- Philadelphia, PA:** Oct 5 (one day)
- Seattle, WA:** Oct 26 - 27
- Atlanta, GA:** Nov 30 - Dec 1

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*"This workshop has changed how I think about counseling."*

*"Money well spent!"*

*"This course provides RDs the missing link to prevent burnout and frustration and serves as a tool to make us more effective and efficient 'change' professionals."*

Registration Fees	Two-day workshop	One-day workshop (Philadelphia)
Early Registration (28 days prior)	\$405	\$220
Regular Registration (7-28 days prior)	\$445	\$245
Late Registration (less than 7 days prior)	\$525	\$285

**Includes:**

- Breakfast and lunch
- Counseling Tips for Nutrition Therapists: Practice Workbook, Vol 1.
- 12 CPE credits for Registered Dietitians (6 in Philadelphia)



Refunds, minus \$40 cancellation fee, are allowed up to 7 days prior to workshop.

	New Orleans
	Durham
	San Francisco
	Denver

	Chicago
	Philadelphia
	Seattle
	Atlanta

Name/Credentials: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment Amount: \$ \_\_\_\_\_

Payment Method:

Check (Payable to Molly Kellogg)

Visa  MasterCard  Amex

Number \_\_\_\_\_

Exp. \_\_\_\_\_

Security numbers on back of card \_\_\_\_\_

Signature \_\_\_\_\_

Molly Kellogg  
 100 East Sedgwick St.  
 Philadelphia, PA 19119  
 Fax: 206-888-2383

**Or register online at**  
**[www.mollykellogg.com/CI](http://www.mollykellogg.com/CI)**

*"This was the missing piece!"*

*"The single most helpful workshop I have attended to help my effectiveness as a dietitian."*

*"This is the information we all wish we had been taught in school."*

### Format

Highly interactive, small group workshop. A mix of presentation, practice with partners, group discussion and short videos of counseling sessions. Time for questions and help with tough cases.

### Topics

- How behavior change happens
- Evidence for Motivational Interviewing
- How to work with resistance
- Fundamental counseling skills
- Tracking client readiness
- Unpacking client meaning and values
- Exploring confidence to change
- Helping clients gain more choice
- Providing advice effectively
- Professional boundaries, including use of self-disclosure and answering personal questions
- Help with tough cases
- Self-care and avoiding burn out
- What to do when you have very little time
- ...and much more!!

### Workshop Schedule

9:00 - 4:30 each day

Light breakfast 8:30 - 9:00

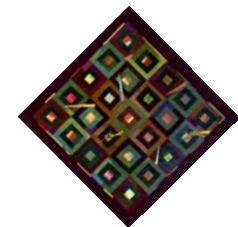
Lunch 12:15 - 1:15



*Molly Kellogg's*

## Counseling Intensive

A two-day learning experience  
 for nutrition professionals



[www.mollykellogg.com](http://www.mollykellogg.com)