

# Counseling Tips for Nutrition Therapists

## Practice Workbook Series

### Instructions for Continuing Education Credits

(Registered Dietitians and Dietetic Technicians, Registered)

Each block of 9 credits, \$120

SAVE by purchasing 3 blocks (27 credits with 3 phone calls) for  
\$330

1. Purchase and read any of the Workbooks pausing to try some of the ideas.
2. Choose your payment option: either mail a check or go to my website and pay on the "home study" page using your credit card.
3. For each block of 9 credits, choose 3 Tips that particularly challenge, intrigue or compel you. Go through the "Practice Steps" section taking at least a week (or a few months) to experiment with each Tip.
4. Choose one of the two "interactive components" of the course:
  - a. Phone option: E-mail me at [molly@mollykellogg.com](mailto:molly@mollykellogg.com), or call 215-843-8258, telling me which Tips you chose and suggesting the best times of day and days of the week for us to schedule a 30 minute phone call. On our phone call we will review your experiments. Prepare for the call by taking a look at the questions in the written option since the call will follow that format. You will have the opportunity to ask questions and develop more ways to advance your counseling proficiency.
  - b. Written option: Complete the attached form for each of the Tips you have chosen. Either e-mail, fax or mail them to me.
5. You have up to 1 year from payment date to complete the course. Your certificate for 9 credits will be mailed within two weeks of completion.
6. You may repeat this process with 3 more Tips each time for up to a total of 6 times (54 credits).

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#### Written Option

Name:

Address:

Phone:

E-mail:

Tip #

Tip Title:

1. Describe something you observed in your work that led you to choose this Tip.
2. Describe one time in a session, group class or with a colleague or employee when you used this technique. Include a brief description of the client or situation. What happened? If it would be useful, include a section of the dialog that occurred.
3. What was the outcome of the interaction? Any lasting effects on the change process?
4. Based on this experience, do you expect to use this technique again? If so, how will you work to make it second nature? If not, give your reasons.

E-mail one of these for each chosen Tip as an attachment to [molly@mollykellogg.com](mailto:molly@mollykellogg.com) (preferred option), or mail to: Molly Kellogg, 100 East Sedgwick St., Philadelphia, PA 19119 or fax 206-888-2383.  
(No need to send this in if you have chosen the phone option.)