

## Molly Kellogg, RD, LCSW

### Education

**Master of Social Service, 1994**

Concentration in Clinical Social Work  
Bryn Mawr College, Bryn Mawr, PA

**Master of Science, 1979**

Nutrition Science  
Drexel University, Philadelphia, PA

**Bachelor of Arts, 1974**

Social Welfare and Counseling  
Antioch/Philadelphia, Yellow Springs, OH

### Work Experience

- Present      **Private Practice in Psychotherapy (since 1994) and Nutrition (since 1985)**
- 2000 to Present      **Consultation, training and speaking on health behavior change counseling**
- 2010 to 2014      **Consultant to HomeStyles: Shaping Home Environments and Lifestyle Practices to Prevent Childhood Obesity: A Randomized Controlled Trial funded by USDA**
- 1994 to 2002      **Introspect of Montgomery County, Colmar, PA  
Therapist**
- 1994 to 1996      **The Renfrew Center, Philadelphia, PA  
Outpatient Nutritionist and Therapist**
- 1993 to 1994      **University Counseling Service, University of Pennsylvania  
Social Work Intern**
- 1991 to 1992      **Hospital of Philadelphia College of Osteopathic Medicine, Philadelphia, PA  
Prenatal Nutritionist**
- 1989 to 1991      **Dairy Council, Inc., Southampton, PA  
Coordinator, Lifesteps<sup>®</sup> Weight Management**
- 1981 to 1989      **Medical College of Pennsylvania, Philadelphia, PA  
Maternal Services Nutritionist & Clinical Dietitian**
- 1979 to 1981      **Visiting Nurse Association of Norristown, Norristown, PA  
Coordinator, Montgomery County WIC Program**
- 1979 & 1985      **Drexel University, Philadelphia, PA  
Adjunct Faculty**

## **Professional Memberships, Certifications and Awards:**

- Licensed Clinical Social Worker, Pennsylvania (CW013906)
- Registered Dietitian (R556605)
- Certified Eating Disorder Registered Dietitian
- Member, Motivational Interviewing Network of Trainers (MINT)
- Certificate of Training in Adult Weight Management. Level 2
- Certified Gestalt Therapist
- Philadelphia Dietetic Association: President, 1985-1986
- Continuing Professional Education Accredited Provider with the Commission on Dietetic Registration
- Board of Directors, Center for Mindful Eating, 2006- 2008
- Medical Advisory Committee, A Chance to Heal (Eating Disorders Advocacy)
- Behavior Health Nutrition Practice Group Excellence in Practice Award for Eating Disorders, 2008

## **Publications** (partial list):

- Counseling Tips for Nutrition Therapists: Practice Workbook Series, 2006-2014
- Toolbox for Nutrition Counseling Education, 2007
- "State of the Evidence Regarding Behavior Change Theories and Strategies in Nutrition Counseling to Facilitate Health and Food Behavior Change," J Am Diet Assoc, 2010; 110:879-891. Co-author.

## **Presentations** (partial list):

- "The Language of Change: Working with a Client's Own Words to Support Change" and "Building a Plan to Advance Your Counseling Skills," National WIC Association (NWA) Conference, 2014.
- "Motivational Interviewing and a Health At Every Size Approach to Weight Management," MI Trainers Forum, 2014. Co-presentation with Ellen Glovsky, PhD, RD.
- "They Won't Do What I Say!: Motivating for Health Behavior Change," Collegiate and Professional Sports Dietitians Association, 2013.
- "What Works in Nutrition Counseling: Using Evidence-based Strategies," American Dietetic Association Convention, 2009. Co-presentation with Joanne M. Spahn, MS, RD, FADA.
- "What Really Works? Evidence-based Diabetes Counseling," American Dietetic Association Webinar, 2009. Co-presentation with Margaret Powers, PhD, RD, CDE.
- "Our Bodies, Our Selves: How to Discuss (or Not!) Our Size with Clients" American Dietetic Association Convention, September, 2006.
- "The Therapist-Nutritionist Relationship in Addressing Compulsive Exercise" Renfrew Conference, November, 2006 (with Suzanne Girard-Eberle, MS, RD)
- "You Can't Make Me Eat!": Working with Resistant Clients," Sports and Cardiovascular Dietitians Annual Symposium, March, 2006.
- "Grace Under Pressure: The Dietitian's Use of Self in Treatment," Renfrew Conference, November, 2005 (with Jessica Setnick, MS, RD/LD)
- "Behavioral Therapy in the Treatment of Eating Disorders," American Dietetic Association Convention, October, 2004.
- "Counseling Intensive for Nutrition Professionals," monthly, 2004 - present.