

Toolbox for Nutrition Counseling Education

Packet Introduction

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. You may find some of the material too advanced for undergraduate programs (for example, slides 69 – 90). *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. Pick and choose what works for you and ignore the rest.*

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.

Copyright Information: You are welcome to duplicate all the materials in pdf files. The *Assignment* file is in Word format so you can edit and use in whatever way is most useful for you. Please do not duplicate or share the PowerPoint slides or videos. You may copy them to your computer for a backup or for ease of use.

This Packet contains:

- Counseling Tips for Nutrition Therapists: Practice Workbook, series. Bulk orders can be placed at www.mollykellogg.com.
- A flash drive with
 - 90 PowerPoint slides with accompanying notes (KelloggCounseling.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 (Teachers' Guide and Student Handout for each)
 - **Mirroring** (MirroringExerciseGuide.pdf & MirroringExercise.pdf)
 - **Unpacking** (UnpackingExerciseGuide.pdf & UnpackingExercise.pdf)
 - **Working with Confidence** (ConfidenceExerciseGuide.pdf & ConfidenceExercise.pdf)
 - **Elicit/Provide/ Elicit** (ElicitProvideElicitExerciseGuide.pdf & ElicitProvideElicitExercise.pdf)
 - **Recognizing Change Talk** (ChangeTalkExerciseGuide.pdf & ChangeTalkExercise.pdf & SearchingforChangeTalk.pdf)
 - **Responding to Change Talk** (RespondingChangeTalkExerciseGuide.pdf & RespondingChangeTalkExercise.pdf)
 - **Handling Personal Questions** (PersonalQuestionsExerciseGuide.pdf & PersonalQuestionsExercise.pdf)
- Student Assignments (Assignments.doc)
- Handouts:
 - **Open and Closed Questions** (OpenClosedQuestions.pdf)
 - **Open Questions to Further the Process of Change** (OpenQuestions.pdf)
 - **Language for Working with Resistance** (LanguageForResistance.pdf)
 - **Change Talk** (ChangeTalk.pdf)
 - **What is Professional Supervision?** (ProfessionalSupervision.pdf)
 - **Glossary of Therapy Terms** (GlossaryTherapyTerms.pdf)
 - **Motivational Interviewing Pocket Guide** (MotivationalInterviewingPocketGuide.pdf.)
- Supervisors' Guide for Practical Counseling Experience (SupervisorsGuide.pdf, updated 09) & Counseling Session Feedback Form (CounselingSessionFeedbackForm.pdf)
- Other Resources for you and your students (Resources.pdf)

Topic	Tip #	Slide #	Class Exercise	Video	Handout
How Behavior Change Happens		1-6			
What is Resistance?		7-10			
Introduction to Motivational Interviewing and Evidence	128, 154 - 161	11-18			MI Pocket Guide
Fundamental Counseling Skills/Concepts:		19 - 28			
- Open Questions	60, 108	20 - 22			Open-Closed Questions worksheet/ Open Questions to Further...
- Affirmations	63, 132, 152, 168, 170	23			
- Reflections	6, 95, 143, 148	24 - 27	Mirroring & Counseling Session Feedback Form	Mirroring	
- Summaries	72	28			
The Four Processes	102, 114 - 118, 124	29 - 35			
How to work with resistance:	9, 103	36 - 59			Language for Working With Resistance
- Backing off & the Righting Reflex	65, 151	37 - 39		Resistance/ Backing Off	
- Tracking readiness	7	40			
- Exploring Importance and Meaning	20, 76	41 - 44	Unpacking	Importance & Unpacking Meaning and Importance	
- Exploring confidence and skills	42	45 - 46	Confidence	Confidence 1&2	
- A format for client-centered advice-giving	39, 59, 147	47 - 49	Elicit/Provide/ Elicit	When you have little time	
- Choice and Control	4, 37, 47	50 - 53			
- Mirroring Ambivalence	55, 100, 150	54 - 55		Ambivalence	
- Behavioral experiments	3	56 - 59		Experiments 1&2	

Topic	Tip #	Slide #	Class Exercise	Video	Handout
Change Talk	69, 110	60 - 65	Search for Change Talk/ Respond to Change Talk		Change Talk
The Counselor's Role	25, 31, 98, 162	66			
The Strength of Eating Behaviors		67			
Easy Formats for Sessions	43, 100, 167	68			
Self-disclosure	1	69 - 72		Self-disclosure	
Handling Personal Questions	71	73 - 75	Personal Questions	Personal Questions 1&2	
Dual Relationships	94	76			
Time Boundaries	21	77			
Transference & Counter Transference	16	78 - 79			
Defenses & Coping Mechanisms	14, 28, 70, 165	80 - 84			Glossary of Therapy Terms
Life-long Learning of Counseling Skills	11, 111	85 - 90			What is Professional Supervision