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Her applied nutrition counseling experiences extend to wellness programs, fitness centers, hospitals, nursing homes and private practice. A major area of interest has been the development of innovative nutrition education programs and materials for the general public and higher education. Bauer was director of the dietetics program at Montclair ...

## Nutrition Counseling and Education Skill Development ...

tool in the helping relationship. The following summary highlights the basic effective counseling skills useful for positive interactions with patients; 1. Listening – The act of listening is further delineated into the following two components; a. Attending - Orienting oneself physically to the patient to indicate one is

## COUNSELING SKILLS AND TECHNIQUES 10. BASIC COUNSELING ...

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Answer: • Present a road map for understanding health behaviors • Highlight variables (for example, knowledge, skills) to target in an intervention • Supply rationale for designing nutrition interventions that will influence knowledge, attitudes and behavior • Guide process for eliciting behavior change • Provide tools and strategies to facilitate behavior change • Provide outcome measures to assess effectiveness of interventions

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Teaches sound principles for nutrition counseling: motivational interviewing, the Five-Stage Theory of behavioral change, and appreciative inquiry. Is a bit light on appreciative inquiry,

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however. Nice selection of forms in the appendices.

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