

PRIVATE PRACTICE NUTRITION COUNSELING GUIDE



Questions to Ask During Sessions

Opening up

- Tell me what brings you in today
- Tell me your best story
- Where should we begin?
- Where do you want to end?

Goal setting

- On a scale from 1-10, how confident are you that you can reach this goal?
 - If lower than a 7, make the goal easier
- How long can you see yourself sticking to this goal?
 - If less than 3 months, make the goal more realistic
- What would make this more confidence about making these changes?
- What are some realistic steps you can take to achieve this goal?
- How can I help you succeed?

Addressing barriers to change

- What barriers do you anticipate getting in the way of you reaching this goal?
- Tell me what you feel prevents you from making these changes

Importance of change

- What are the most important things to you?
- If you don't make any changes, will you still be able to do the most important thing to you?
- What are some of your values? Are those values in line with your long-term goals?
- Have you (or your child/dependent) stopped you from doing what you want to do?
- If you don't make any changes, where do you see yourself in 1 year from now?
- What are some of advantages for keeping things just the way they are? On the other hand, what are some reasons for making a change?

Looking to the past / Considering new perspectives

- What were things like before (stress, diet, comfort, i.e., the eating disorder, disordered eating, weight gain)?
- What were the best and worst parts back then?
- If you could go back in time, what would you have done differently?
- If you had a time machine, what would you do differently?

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The DBN MNT Nutrition Counseling Session Process

1. Client review

- Log into your DBN and create your client's Nutrition Assessment Form
- Encourage your client to complete a nutrition form in two parts:
 - Part 1: since their assessment is completed in a brief form, they don't allow you to see anything showing in-depth if the client is not a good fit for your client's requirements, you can tell them to complete it before up with their MNT (or phone-in) or using a member that you need to refer them out for
 - Second, thoroughly review their assessment of food (24-48 hours in advance to present yourself for the session. If you do this too late in session, you might forget valuable information when the session starts

2. Prepare relevant educational material and look up any information that you are not familiar with

- For members who might need to review education (or other recommendations for other members who completed or took up the Nutrition Plan)

3. Conduct nutrition counseling session with client

- Initial assessments usually take 1-2 hours (if patient has one specific goal, to learn about healthy habits and up to 1-2 hours of patient history, eating disorder, current nutrition or complex medical history). The time may be divided by frequency (weekly or otherwise)
- The first visit should be broken down into two parts, where the first part focuses on establishing rapport and collecting information (DBN MNT consult)
- Second visit: assessment for diet. The goal of this visit is to understand where the client is at, where they are now, and where they want to be
- Conduct thorough review of medical history and health outcomes, eating habits, recent and/or medical history, current medications, (2) weight issues, lifestyle issues, stress, energy, activity levels, food habits (24-hour food log)
- Review eating patterns
- Then, the second part focuses on planning and goal setting (DBN MNT consult)

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LIST OF OVER 40 QUESTIONS TO ASK DURING SESSION & 6 STEP NUTRITION COUNSELING SESSION PROCESS

Systematic Counseling A Guide For The Practitioner

Frederick W. Bratten



Systematic Counseling A Guide For The Practitioner:

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units needed providing the depth and breadth of information required to succeed in this qualification A clear and accessible step by step approach ensures that students have a thorough understanding of all the key concepts Multiple choice revision sections ensure that they are ready for their exams

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