



Basic Nutrition Counseling Skill Development

By Kathleen D. Bauer, Carol A. Sokolik

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This book is a step-by-step guide to the fundamental skills of counseling strategies and protocol, complimented by action-based worksheets and practical case studies. Bauer and Sokolik's clear, competent style helps readers translate theoretical perspectives on nutrition counseling into actual effective dialogues between client and counselor.

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Editorial Review

Review

1. PREPARING TO MEET YOUR CLIENT. Counseling Defined. Nutrition Counseling Goals. Theoretical Approaches for Lifestyle Awareness and Management. Overview of Behavior Change Models and Approaches. Understanding and Effective Counseling Relationship. 2. BUILDING A RELATIONSHIP: BASIC COUNSELING RESPONSES. Stages of Skill Development. Model of Communication. Intercultural Influences on Communication. Guidelines for Enhancing Counseling Communication Effectiveness. Basic Counseling Responses. 3. MEETING YOUR CLIENT: THE COUNSELING INTERVIEW. Nutrition Counseling Models. Motivational Algorithm for a Nutrition Counseling Intervention. Assessing Readiness to Change. Nutrition Counseling Skills. 4. DEVELOPING A NUTRITION CARE PLAN - PUTTING IT ALL TOGETHER. Goal Setting. Design a Plan of Action. Dietary Assessment. Energy Determinations. Physical Assessment. Documentation/Charting. 5. PROMOTING CHANGE TO FACILITATE SELF-MANAGEMENT. Strategies to Promote Change. Supporting Self-Management (Dietary Adherence, Concordance, Compliance). Food Management Tools. Tracking. Components of Effective Interventions. Behavior Change Strategies. 6. MAKING BEHAVIOR CHANGE LAST. Social Support. Social Skills. Social Disclosure. Modifying Cognitions. Stress Management. Relapse Prevention. 7. PHYSICAL ACTIVITY. Role of a Nutrition Counselor in Physical Activity Counseling. Physical Activity and Fitness. Physical Activity Goals. Barriers to Becoming Physically Active. Assessment of Activity Level and Readiness to Increase Physical Activity. Assessment Feedback. Physical Activity Counseling Protocols. Issues Pertinent to Physical Activity Goal Setting and Action Plan Development. Walking Basics. 8. PROFESSIONALISM AND FINAL ISSUES. Ending the Counseling Relationship. Evaluation. Professionalism in the Helping Relationship. 9. GUIDED COUNSELING EXPERIENCE. Appendix A - Daily Food Guide. Appendix B - DASH Diet. Appendix C - Anthropometric Measurement Protocols. Appendix D - Weight for Height Tables. Appendix E - Body Mass Index Chart. Appendix F - Group Counseling. Lifestyle Management Forms.

About the Author

Kathleen D. Bauer, Ph.D., R.D., was the founder and has been the director of the Nutrition Counseling Clinic at Montclair State University for more than 10 years. She teaches both undergraduate and graduate nutrition counseling courses. 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 has been director of the dietetics program at Montclair State University for the past 14 years.

Carol A. Sokolik, M.S., R.D., was a founder and is currently the director of the Applied Professional Practice Program at Montclair State University. A dietetic consultant to several nursing homes in northern New Jersey, she has applied her nutrition counseling skills in a variety of settings including physicians' offices, nursing homes, and clinical settings.

Users Review

From reader reviews:

Andrew Parker:

This book untitled Basic Nutrition Counseling Skill Development to be one of several books that will best seller in this year, that is because when you read this publication you can get a lot of benefit on it. You will easily to buy this specific book in the book retail store or you can order it through online. The publisher on this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Cell phone. So there is no reason to you to past this guide from your list.

Jennifer McMorris:

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Carol Berry:

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