

# Nutritional Counseling

## How to Ensure Change

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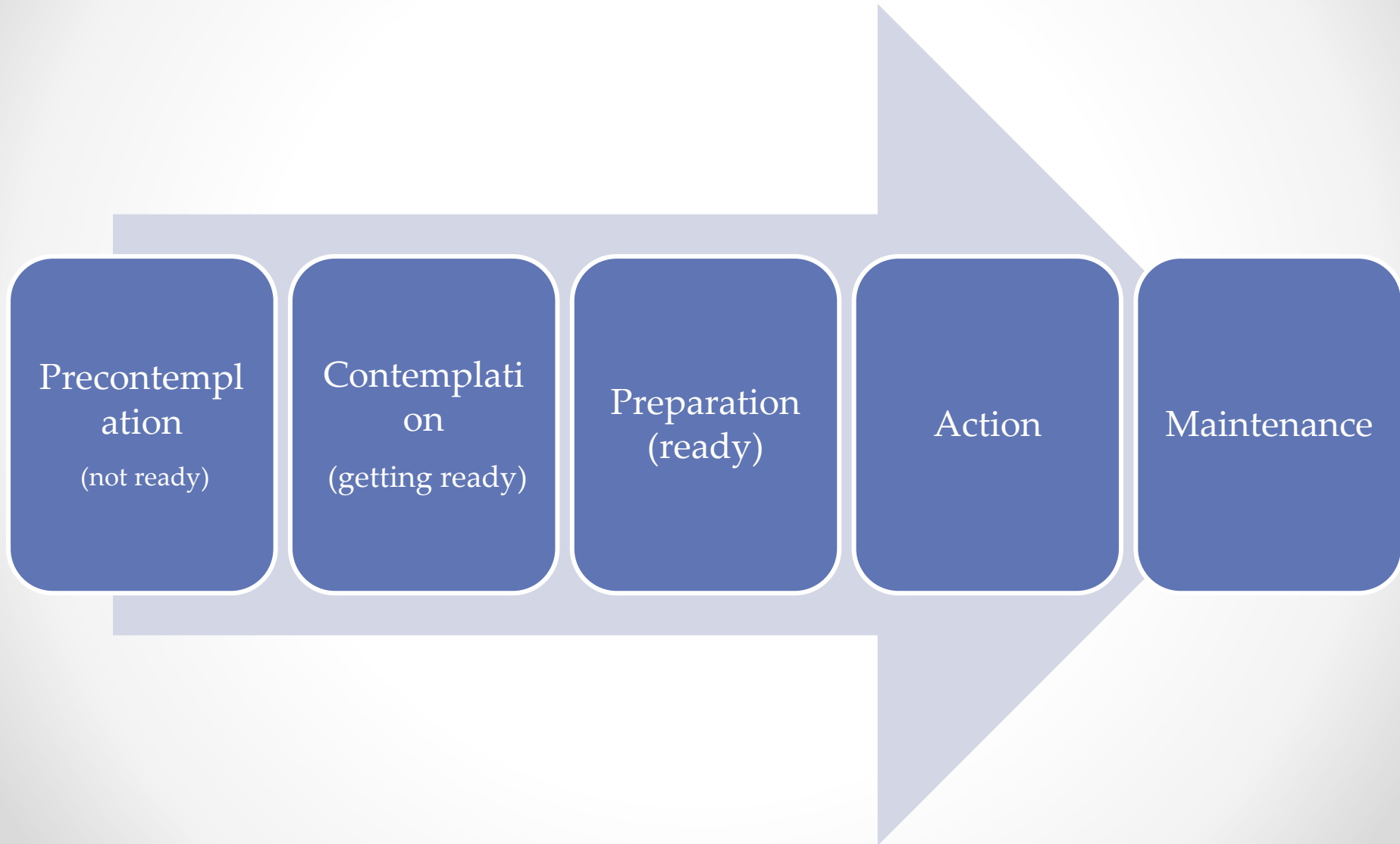
- **Nutrition counseling** is an ongoing process in which a registered dietitian, works with an individual to assess the usual **dietary** intake and identify areas where **CHANGE** is needed, and help in making it possible.

Target



Lifestyle Change

# Stages of Change



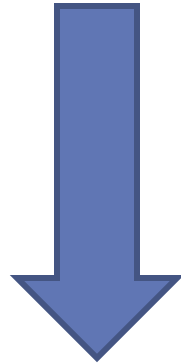
# Prerequisites of Change

- Lets brainstorm

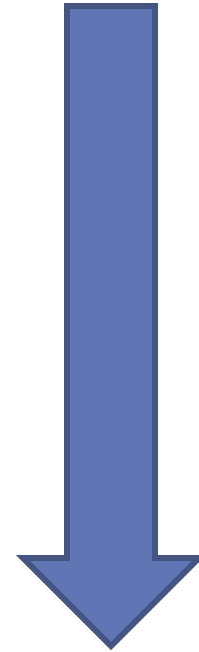
# Change is HARD

- Often its not because of
  - Lack of Information
  - Laziness
  - Denial
  - Lack of Resources
  - Oppositional personality

# Change is HARD



Ambivalence



Lack of motivation

# How can Nutritional Counselor help?



Partnership



Acceptance



Compassion



Evocation



# How to Evoke Motivation?

## Consequences

- Positive Consequences
- Negative Consequences

# Competence

Can you do  
it?

- Time
- Knowledge
- Training

Will it  
work?

- Physical limitations
- Mental limitations

Is it  
worth it?

- Check the end product

# Choices

- Share control
- Accept

# Community

- Asking for help
- Human connection

# Motivational Interviewing

- An effective way of communication to bring about CHANGE

Food  
choices

Addiction  
therapy

Behavioral  
change

Weight  
loss

Physical  
activity

# OARS

## Open Questions

```
graph TD; A[Open Questions] --- B[Are you in pain?]; A --- C[Don't you want to do exercise?]; A --- D[How many times do you consume junk foods?]
```

Are you in pain?

Don't you want  
to do exercise?

How many times  
do you consume  
junk foods?

# OARS

## Affirmations

```
graph TD; A[Affirmations] --- B[Awards]; A --- C[Attempts]; A --- D[Achievements]; A --- E[Accomplishments];
```

Awards

Attempts

Achievements

Accomplishments



# OARS

## Reflections

```
graph TD; Reflections[Reflections] --- Understand[Understand the client]; Reflections --- Repeat[Repeat his thinking & feelings in plain statements];
```

Understand the  
client

Repeat his  
thinking & feelings  
in plain statements

# OARS

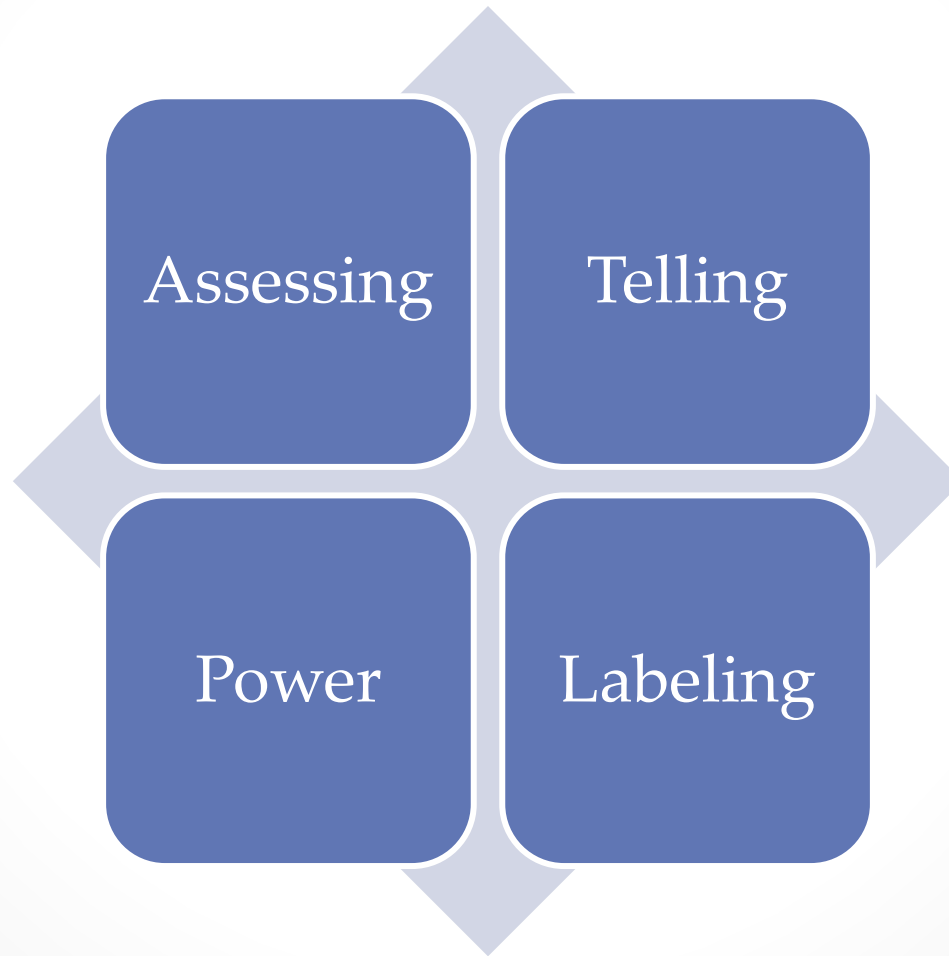
Summary

```
graph TD; Summary[Summary] --- Absorb[Absorb information]; Summary --- Relay[Relay back];
```

Absorb  
information

Relay back

# AVOID



- Lets **summarize** the process of nutritional counseling

# FOUR Processes



Engaging

Focusing

Evoking

Planning

# Lets help them to change

**If you change the way you  
look at things, the things you  
look at change.**

Wayne Dyer