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

- Precontemplation (not ready)
- Contemplation (getting ready)
- Preparation (ready)
- Action
- Maintenance
Prerequisites of Change

• Let's brainstorm
Change is HARD

• Often its not because of
  o Lack of Information
  o Laziness
  o Denial
  o Lack of Resources
  o 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

- Are you in pain?
- Don’t you want to do exercise?
- How many times do you consume junk foods?
OARS

Affirmations

- Awards
- Attempts
- Achievements
- Accomplishments
OARS

Reflections

- Understand the client
- Repeat his thinking & feelings in plain statements
OARS

Summary

Absorb information

Relay back
AVOID

- Assessing
- Telling
- Power
- Labeling
• Lets **summarize** the process of nutritional counseling
FOUR Processes

- Engaging
- Focusing
- Evoking
- Planning
If you change the way you look at things, the things you look at change.

Wayne Dyer