



Nutrition Counseling Toolkit: Best Practices for Successful Behavior Change

Friday, February 20, 2015

Teachers College, Columbia University

525 West 120th Street, New York, NY 10027, 179 Grace

Goal:

To inform nutrition professionals about an effective nutrition counseling modality that can be applied to individual counseling sessions as well as group classes to promote behavior change.

Objectives:

After this session, participants will:

- Have an understanding of motivational interviewing.
- Have comfort using the MI counseling techniques to promote dietary behavior change.

8:30 – 9:00	Registration and Networking
9:00 – 9:10	Welcome Jackie Rodriguez, Chair of NYCNEN Jack Taliercio & Rosanna Campitiello, Meeting Co-chairs
9:10 – 10:00	Shelley Mesznik, MA, RD, CDE, CDN <i>Introduction to motivational interviewing and modeling of techniques</i>
10:00 – 11:10	<i>Hands-on practice in small groups</i>
11:10 – 11:30	<i>Discussion of small group breakout</i> Video Q&A
11:30 – 12:00	<i>Meeting Adjourned & Networking</i>

NYCNEN thanks the Program in Nutrition at Teachers College Columbia University for their ongoing support.

3 CPEUs for Registered Dietitians have been requested for this program.

SPEAKER BIO

Shelley Mesznik, MA, RD, CDE, CDN

Shelley Mesznik has been a Registered Dietitian and Certified Diabetes Educator in private practice for over 20 years counseling adults, teens and children. She has taught nutrition counseling skills at workshops and then at Teachers College for over 25 years. She is an active member of the American Association for Diabetes Educators, serving as President of the Lower Hudson Valley Chapter of the AADE, as co-chair for all four Northeast Regional Diabetes Educator Conferences, and on the national AADE Professional Development Committee where she developed their online continuing education program called, Facilitating Behavior Change. She is a member of the Academy of Nutrition and Dietetics EAL Expert Panel for the Prevention of Type 2 Diabetes. She has presented at FNCE and other conferences on the findings of the panel. She has been a speaker at numerous workshops for dietitians and diabetes educators in the New York City area including GNYDA, WRDA, VNSNY, and the AHA.