

Notes from Nutrition Counseling Toolkit NYCNEN Meeting (2/20/2015)

- Today's session is an opportunity to practice your skills.
- The Nutrition Counseling Toolkit
 - o Counseling- to produce a change in eating behavior
 - o Motivational interviewing- the skills to change the behaviors of people that are seeking help to change
 - Rollnick and Miller came up with MI as a skill set to be used for those not ready to change
- OARS
 - o Open ended questions- used to draw out information
 - o Affirmations- used to make client feel empowered
 - o Reflections- counselor reflects what they're hearing from the client
 - o Summaries- pulling together a lot of information
- Mirroring the client's seating position- a way to make the relationship feel personal without over-sharing about yourself
- Counselor's role is to help clarify the problem for the client and let them come up with the ideas to achieve a behavior change that is important for them
- Resist the temptation to fix things. Let the client provide their own solution, unless they really want ideas.
- There's no waiting to get to the OARS in your session!
- The better you are as a listener, the faster things go
- When time is an issue
 - o Pick one problem to start with in a short session
 - o Express that you're hearing a lot of details, but because of time ask client for the short version
- Two questions in a row is not very effective for collaboration- you need to reflect on client's response to your question
- Clients need to verbalize the reason to change!
- Spirit of MI
 - o Collaboration, evocation, autonomy, compassion
 - o Don't be tempted to misapply these concepts, put the focus on the client!
- RULE
 - o Roll with resistance, understanding motivation and discrepancies, listen with empathy by using "feeling" words to reflect back, empower
- MI takes practice! Focus on behavior, not so much on feelings.
- Use evidence based skills and strategies to change behavior- sharing information isn't always the most effective
 - o Give information once the problem has been identified and client needs help
 - o Give information in the context of supporting client's goal and empowering them