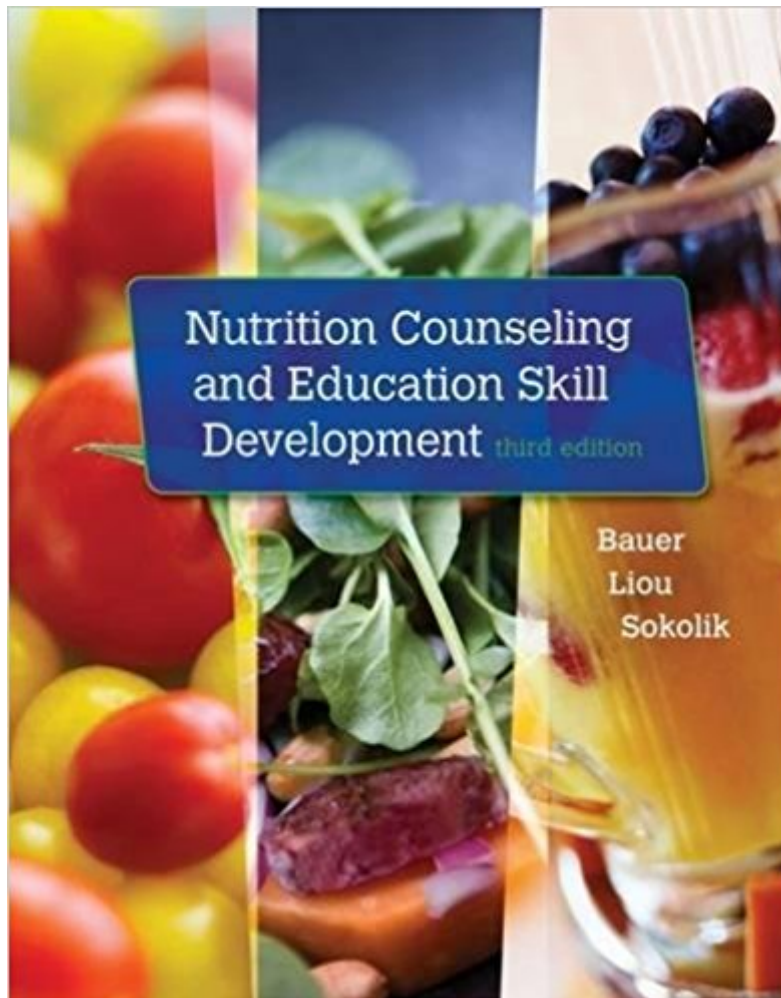




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# Nutrition Counseling And Education Skill Development



## Synopsis

This book is a step-by-step guide to the fundamental skills of nutritional counseling strategies and protocol, complimented by action-based worksheets and practical case studies. The authors provide a solid foundation of counseling and education principles, opportunities to practice new skills, and knowledge of evaluation methodologies.

## Book Information

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## Customer Reviews

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. Doreen Liou, Ed.D., R.D., has been the director of the Didactic Program in Dietetics at Montclair State University for the past ten years. She teaches both undergraduate and graduate courses in nutrition education and social marketing. Her research interests encompass qualitative and quantitative methods in addressing chronic disease risk and the applications of social psychological theories in minority population groups. Her nutrition education experiences extend to a variety of academic, community, and clinical settings. 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.

Excellent textbook for RDs, nutritionists, and health coaches. Teaches sound principles for nutrition counseling: motivational interviewing, the Five-Stage Theory of behavioral change, and appreciative inquiry. Is a bit light on appreciative inquiry, however. Nice selection of forms in the appendices.

This book should be part of any curriculum for health and nutrition professionals working with individuals in a setting where there are multiple visits and the counselor has an opportunity to spend time and facilitate change in individual's behavior towards eating healthy and exercising. The book is rich with current behavior change models and suggestions for how the dialog between counselor and client might go depending on the circumstances. I purchased this book for my own professional growth and have enjoyed every page, and will certainly utilize the information in my practice.

Required reading. Holding judgement until I have to read. I appreciate the schools efforts in making sure people know how to provide nutritional counseling and the use of some text is necessary. Will return at a later date to amend if necessary.

It was well put out, easy to read and follow, and I like that there were many diagrams

Came as advertised.

Like a Brand new one and highly recommend it!

Very good.

Missing a lot of pages . Not kept good.

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