

WORKBOOK

Nutrition Cheat Sheets



Using motivational interviewing to support clinical nutrition counseling

SET THE STAGE WORKBOOK



SET THE STAGE

OVERVIEW

This first week is about getting a sense of how you begin a counseling session and becoming aware of what you do over the course of one.

Spend this first week getting a sense of what your natural inclinations in counseling are. Start to notice when and where you hit a wall.

Notice if you find yourself getting frustrated by an exchange.

The more you recognize in yourself, the easier changes will be as we move through each skill.

PRACTICE

Open the conversation with your clients. Give a warm welcome and find out what your client would like to talk about.

Find a strong rhythm in your conversations using the 6 Steps to a Great Conversation. Practice using open-ended questions to get your client's speaking freely.

Be clear about how much time is on the clock and work on staying on track.

REMEMBER

Once you're comfortable with this pattern of conversation, it will make everything that comes after easier.

Use the Your Start Point worksheet to begin getting clarity on how you move through a counseling session.

SET THE STAGE WORKSHEET

HOW DO YOU START A CONVERSATION?

DID YOUR CLIENT LOSE FOCUS AT ANY POINT DURING YOUR CHAT? WHEN DID IT HAPPEN?

DO YOU OR YOUR CLIENT LEAD THE CONVERSATION?

NOTES
