

# WORKBOOK

Nutrition Cheat Sheets



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Using motivational interviewing to support clinical nutrition counseling

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# START THE CHAT WORKBOOK



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# START THE CHAT

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## OVERVIEW

If open-ended questions are the foundation for everything we learn about our clients, active and reflective listening set up the structure for being able to be helpful to them.

Listening allows us to assess our client's level of readiness, tuning into expressions of ambivalence, and then find space to request permission before providing support.

The more we can open ourselves up to listening to our clients, the closer we'll get to discovering what their core value and goals are.

## PRACTICE

Work on listening closely to what your client is and is not saying. Pay attention to any indications of ambivalence and any resistance they have.

Remember to ask permission before providing support, education or instruction.

Practice meeting declarations of intention with a request for your client to rank their own expectations of their success and failure

## REMEMBER

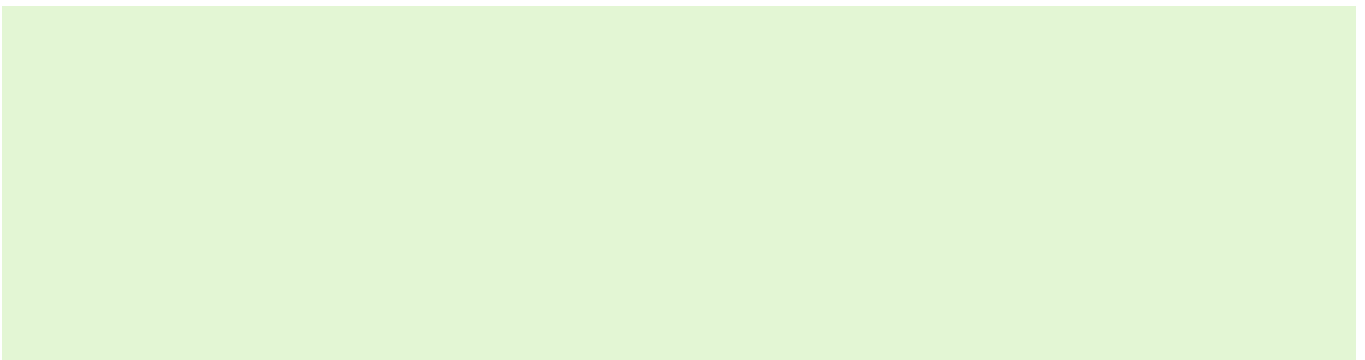
You don't have to practice these things only with your clients. These same skills work well no matter who you're talking to. And when used well, you'll find you learn more in a 5 minute conversation than many people learn about others in an hour.

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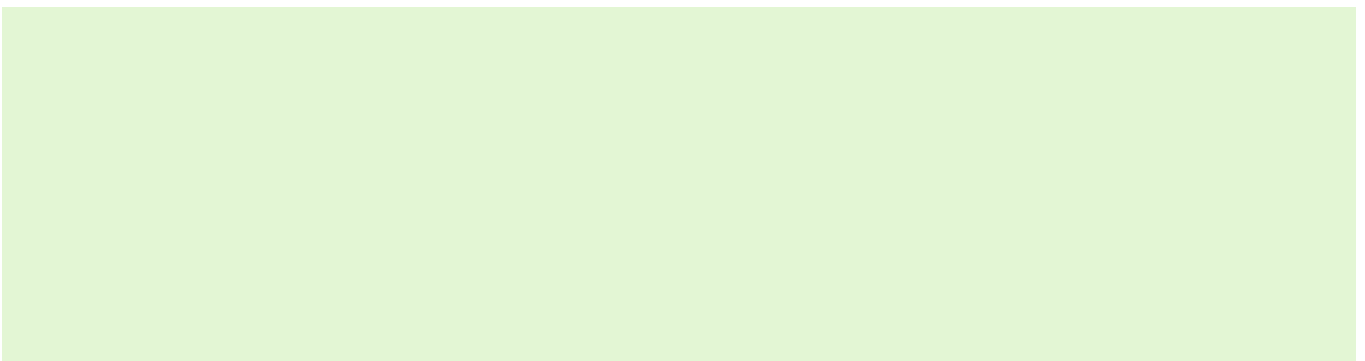
# START THE CHAT WORKSHEET

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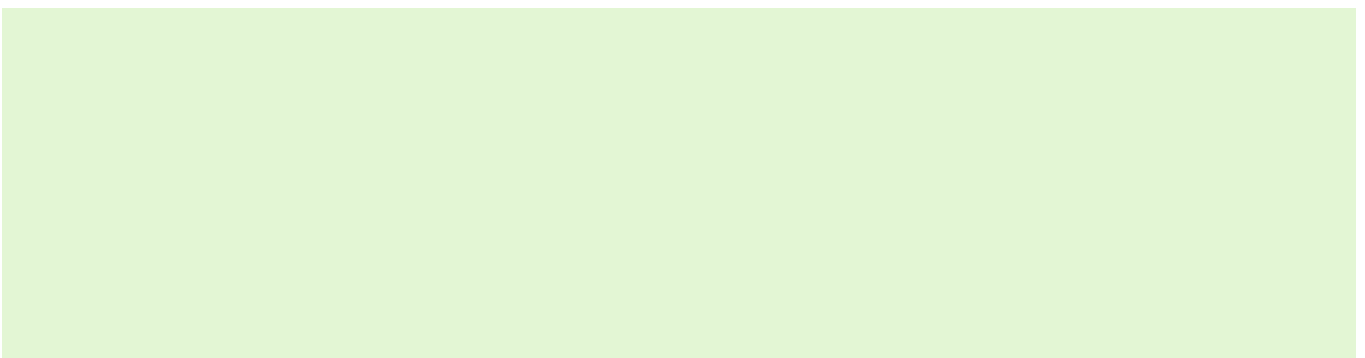
THINK OF A TIME YOU TALKED OVER/INTERRUPTED  
YOUR CLIENT. HOW DID THEY REACT?



DO YOU OR YOUR CLIENT DECIDE ON WHAT TO  
DISCUSS DURING YOUR COUNSELING SESSION?



WHEN WAS THE LAST TIME YOU GAVE ADVICE  
BEFORE ASKING PERMISSION. HOW DID IT GO?



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# NOTES

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