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lasting changes
in nutrition and
fitness is not
easy for anyone.
Yet the
communication

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**style of a health
professional can
make a huge
difference. This
book presents
the...**

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Fitness ...
Making and
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lasting changes**

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fitness is not
easy for anyone.
Yet the
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style of a health
professional can
make a huge
difference. This
book presents
the proven
counseling
approach known
as motivational***

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interviewing (MI)
and shows
exactly how to
use it in day-to-
day interactions
with clients.

**Motivational
Interviewing in
Nutrition and
Fitness (19 ...
— Dawn Clifford,
PhD, RD, is an
associate**

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**professor at
California State
University,
Chico, in the
areas of nutrition
counseling and
education, and
author of
Motivational
Interviewing in
Nutrition and
Fitness.**

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Materials:

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Applications Of

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Interviewing.

Motivational

interviewing also

recommends

assessing a

patient's

confidence,

ability, and

commitment to

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**achieving agreed-
upon goals,
which are key
components of
successful
behavior change.**

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Questions | MJN
Healthcare ...
Motivational
Interviewing in
Nutrition and**

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***Fitness by Dawn
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Curtis Summary
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lasting changes
in nutrition and
fitness is not
easy for anyone.
Yet the
communication
style of a health
professional can
make a huge***

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Unique Approach
to Behavior
Change
Counseling By
Ellen R. Glovsky,
PhD, RD, LD, and
Gary Rose, PhD

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**... is a principal
of the Institute
for Motivation
and Change and
the program
coordinator of
the graduate
program in
nutrition at
Northeastern
University in
Boston.**

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***Interviewing In
Nutrition And
Fitness ...***

***As nutrition and
fitness
professionals, we
no longer
provide clients
with food lists,
meal plans and
exercise
prescriptions and
send them on
their way. Within***

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Interviewing In
***the health field,
simply giving
advice has been
replaced with
motivational
interviewing
(MI), a
compassionate,
non-judgmental
communication
style....***

***Home |
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***Interviewing In
Nutrition And
Fitness***

***Motivational Of
Interviewing in
Nutrition and
Fitness This book
explains the
proven, popular
counseling
approach,
Motivational
Interviewing
(MI), and shows***

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**how to integrate
it into present
counseling
interactions with
clients.**

**Motivational
Interviewing – A
Unique Approach
to Behavior ...
Motivational
interviewing (MI)
is a patient-
centered method**

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Interviewing In
**for enhancing
intrinsic
motivation to
change health
behavior by
exploring and
resolving
ambivalence.
Numerous
studies have
illustrated the
efficacy of MI as
a promising
strategy to**

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**encourage
positive health
behavior change
around
substance abuse,
oral health and
diet and
exercise.**

**Motivational
Interviewing in
Nutrition and
Fitness by Dawn**

...

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Nutrition
Applications Of
Consultations ...
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Interviewing in
Nutrition and
Fitness (19 CPEU
/ CEU) Special
section on using
MI in situations
commonly
encountered by**

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Interviewing In
***the RD: what to
do when you
don't have much
time with a
client, when a
client is resistant
to change, and
how to challenge
misinformation
clients have.
Complete section
on applying MI
specifically
within...***

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**Motivational
Interviewing:**

Free ... - Applications Of

Precision

Nutrition

Motivational

**interviewing is
grounded in a
respectful stance
with a focus on
building rapport
in the initial
stages of the**

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Interviewing In
**counseling
relationship. A
central concept
of MI is the
identification,
examination, and
resolution of
ambivalence
about changing
behavior.**

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Interviewing in
Nutrition and**

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Applications Of
Fitness | 15 CPEU
Develop a
motivating and
effective
communication
style for
facilitating
lasting changes
in nutrition...
Implement the

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Interviewing In
proven
counseling appro
ach/motivational
interviewing via
daily client
interactions.
Assist clients in
working through
...

Motivational
Interviewing in
Nutrition and
Fitness | 15 CPEU

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Interviewing In
**Supporting
behaviour
change is a
crucial part of
nutritional
interventions.
Motivational
interviewing (MI)
is one of the
most evidence-
based
approaches that
is used to
encourage long-**

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Interviewing In
**term behaviour
change 1-2. MI is
described as: “a
collaborative,
person-centered
form of guiding
to elicit and
strengthen
motivation for
change” 3.**

**Motivational
Interviewing In**

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***Nutrition And
Motivational
Interviewing in
Nutrition and
Fitness is a
practical, user-
friendly resource
for practitioners
and students
interested in
developing MI
techniques using
a weight-neutral
approach.***

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Educators
searching for
appropriate
textbooks to
adopt would find
this a beneficial
addition to the
classroom.”

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Motivational
Interviewing for
Diet, Exercise

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and Weight.
Nutrition And
Motivational
interviewing
aims to enhance
self-efficacy and
personal control
for behavior
change. It uses
an interactive,
empathic
listening style to
increase
motivation and
confidence by

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**specifically
emphasizing the
discrepancy
between
personal goals
and current
health behaviors.**

**CPE Monthly:
Motivational
Interviewing -
Today's Dietitian**

...

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Interviewing In
interviewing
is one of the best
tools for helping
people overcome
obstacles to
change. Whether
it's changing
how they eat and
exercise, or
cutting back on
things like
smoking or
drinking.

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Interviewing for
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and Weight
Applications Of
The Motivational
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Toolkit for the
Metabolic
Clinician. The
Motivational
Interviewing
Toolkit includes:
A detailed
understanding of**

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***the principles of
MI as it relates
to the metabolic
patient The
stages of
readiness to
change as well
as tools to use
and questions to
ask at each
stage as it
relates to the
metabolic
patient An...***

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