



# UNIVERSITY OF NICOSIA

## ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
NUTR-370	COMMUNICATIONS SKILLS AND NUTRITIONAL COUNSELING	6
<b>Department</b>	<b>Semester</b>	<b>Pre-requisites</b>
Life and Health Sciences	Spring	NUTR-330
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Core requirement	Nutrition	English
<b>Level of Course</b>	<b>Year of Study</b>	<b>Lecturer</b>
1 <sup>st</sup> Cycle	Third	Dimitrios Papandreou
<b>Mode of Delivery</b>	<b>Work of Placement</b>	<b>Co requisites</b>
Face-to face	N/A	None

### Objectives of the Course:

This course introduces the student to the application and integration of the Skilled Helper and nutritional counselling models in dietetics and teaches how nutritionists, dietitians and allied health professionals can develop interpersonal relationships communication skills essential for effective client/patient helping. This course requires role-playing and offers activities and techniques and directives related to nutritional counselling. The course is complimented by action-based worksheets and practical case studies. Students are assessed on the knowledge and skills they have acquired using practice base assessment and student self-assessment.

The format of the course will be 2h/week lectures.

## Learning Outcomes:

At the end of the course the student will be able to:

1. Describe in detail the Skilled Helper Model
2. Apply the Skilled Helper Model in working with clients and in referring clients/patients to other professionals or disciplines when a situation is beyond one's level or area of competence
3. Be able to communicate effectively with clients taking into account socioeconomic, cultural and psychological factors on food and nutrition behavior
4. Apply the code of ethics in the field of dietetics practice based on the guidelines provided by the Cyprus Dietetic Association, Cyprus Registration Board for Food Scientists, Food Technologists and Dietitians, American Dietetic Association and Commission of Dietetic Registration, British Dietetic Association and Health Professional Council, and the European Federation of Associations for Dietitians.
5. Transfer nutrition needs into food choices and menus for optimal nutrition of individuals and groups in health and disease using computers for data processing and information management in dietetics.
6. Evaluate self with client interactions

## Course Contents:

1. Overview of the philosophy of the Skilled Helper Model; Values and Codes of Ethics for Dietetics Practice in the EU and Worldwide.
2. Communication skills: Attending and listening, Empathy, Probing, Summarizing
3. Helping clients tell their story: Experiences, behavior, and affect (The Motivation theory)
4. Helping clients challenge themselves: Skills for effective challenges
5. Assertiveness training
6. Helping clients work on the "right" things; Reluctance and resistance
7. Helping clients identify, choose, and shape goals: Possibilities for a better future
8. Brainstorming strategies; Moving from possibilities to choices; Commitment
9. Developing an Action Plan: Implementing change; Best-fit strategies  
Helping clients make plans
10. The Nutritional Counseling Model; creating
11. Integrating the Skilled Helper and Nutritional Counseling Models
12. Dietary guidance in the promotion of healthy lifestyle and the reduction of disease

## Teaching Methods:

Lectures, and Assignments.

## Required Textbooks:

1. **Communication & Education Skills for Dietetics Professionals (Paperback)** by [Betsy](#)

- [B Holli](#), [Richard J Calabrese](#), [Julie O'Sullivan Maillet](#) **Publisher:** Lippincott Williams & Wilkins; 4th edition (April 1, 2003) **ISBN:** 0781737400
2. **Dietetic Practitioner Skills: Nutrition Education, Counseling, and Business Management (Paperback)** by [Katharine Curry Bartley](#) **Publisher:** Macmillan Pub Co (January 1987) **ISBN:** 0023264500

**RECOMMENDED TEXTBOOKS:**

1. **Basic Nutrition Counseling Skill Development (Paperback)** by [Kathleen Bauer](#), [Carol Sokolik](#) **Publisher:** Brooks Cole; 1 edition (September 24, 2001) **ISBN:** 0534589774
2. **Nutrition and Diet Therapy: Self-Instructional Modules (Paperback)** by [Peggy S. Stanfield](#), [Y. H. Hui](#) **Publisher:** Jones & Bartlett Publishers; 3rd edition (January 15, 1997) **ISBN:** 0763701548

