



<b>Course Code</b> NUTR-550	<b>Course Title</b> Nutrition Counseling and Education	<b>ECTS Credits</b> 7.5
<b>Prerequisites</b> None	<b>Department</b> Life & Health Sciences	<b>Semester</b> 2 <sup>nd</sup>
<b>Type of Course</b> Required	<b>Field</b> Dietetics/Nutrition	<b>Language of Instruction</b> Greek /English
<b>Level of Course</b> 2 <sup>nd</sup> Cycle	<b>Lecturer(s)</b> Dr Eleni Andreou	<b>Year of Study</b> 1 <sup>st</sup>
<b>Mode of Delivery</b> Face to face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

**Objectives of the Course:**

The main objectives of the course are to:

- Describe the components of effective communication in the practice of dietetics
- Demonstrate the ability to interview clients/patients
- Demonstrate effective counseling skills for individuals and groups
- Utilize learning theory, behavior change theory counseling theory, and theories of human development in nutrition education plans
- Develop effective nutrition education sessions, including appropriate materials
- Evaluate effectiveness of counseling and education in patients/clients

**Learning Outcomes:**

After completion of the course students are expected to 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

**Learning Activities and Teaching Methods:**

Lectures, and Assignments

**Assessment Methods:**

Attendance / participation/ in-class activities, Videotape assignments, Counseling role play, SOAP note and critique, Media interview and critique, Presentation, Journaling – 2 checks, Midterm, Final Exam, Papers: Nutrition article for the lay public, Nutrition education material, write-up and show and tell

**Journaling.** Students are asked to keep a journal to document reflections of the assigned readings. After each reading, you are to write at least ½ page (typed or handwritten) either summarizing or reflecting (or both!) on the assigned reading. Journals will be checked twice during the semester.

**Portfolio**

Video taped counseling appointment  
 Video taped interview  
 Counseling/Education observation reflections (optional – extra credit)  
 Nutrition article for the lay public  
 Nutrition education material and write-up

**Required Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Communication & Education Skills for Dietetics	<a href="#">Betsy B Holli</a> , <a href="#">Richard J Calabrese</a> , <a href="#">Julie O'Sullivan Maillet</a>	Lippincott Williams &	2003	ISBN: 0781737400

Professionals (Paperback)		Wilkins; 4th edition		
Dietetic Practitioner Skills: Nutrition Education, Counseling, and Business Management (Paperback)	<a href="#">Katharine Curry Bartley</a>	Macmillan Pub Co	1987	ISBN: 0023264500

**Recommended Textbooks / Reading:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Basic Nutrition Counseling Skill Development (Paperback)	<a href="#">Kathleen Bauer,</a> <a href="#">Carol Sokolik</a>	Brooks Cole; 1 edition	2001  ISBN: 0534589774	Print copy available
Nutrition and Diet Therapy: Self- Instructional Modules (Paperback)	<a href="#">Peggy S. Stanfield,</a> <a href="#">Y. H. Hui</a>	Jones & Bartlett Publishers; 3rd edition	1997  ISBN: 0763701548	Print copy available