



Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing)

By Dawn Clifford PhD, Laura Curtis MS RD



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Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

This book is in the Applications of Motivational Interviewing series.

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Editorial Review

Review

"This book is an excellent introduction to the general principles of MI, as well as specific strategies and techniques. The examples and scripts very clearly illustrate the use of MI in counseling for dietary and physical activity behavior change. As a Registered Dietitian, I especially liked the chapter on nutrition counseling, with its many extended scripts and ideas. The basic philosophy of MI is woven throughout the book, and it is a delight!"--Ellen Glovsky, PhD, RD, LDN, Department of Health Sciences, Northeastern University; member, Motivational Interviewing Network of Trainers

"This book fills a void in the education of nutrition and exercise professionals. Professors and students will welcome its comprehensive and practical approach to the powerful process of MI. Even the most experienced professional will find useful ideas to apply in practice. Return again and again to gain skill and to boost confidence in guiding clients to make real changes."--Molly Kellogg, RD, LCSW, private practice, Philadelphia; member, Motivational Interviewing Network of Trainers

"What a special book. Bar none, it is the most practical applied book I have encountered on how to use MI in nutrition and physical fitness counseling. The scenarios are easy to follow, and the authors are very careful to integrate MI with existing professional protocols. Up to date and refreshing, the book advocates weight-neutral mindful eating over traditional weight-focused nutritional counseling, and replaces exercising for its own sake with the idea of joyful physical activity. Parts of the book could be used in either nutrition or fitness courses, and it will serve as a stand-alone text in professional practice courses."--Don Morrow, PhD, School of Kinesiology, University of Western Ontario, Canada

"Provides excellent insights into MI and valuable guidance on how to implement it. The authors write in an accessible and engaging way, and include useful patient-practitioner dialogues throughout to illustrate important points. This book will appeal not only to practitioners and teachers, but also to students at all levels who want to gain practical knowledge about the use of MI in a clinical context."--Rachel Clare Povey, PhD, CPsychol, Centre for Health Psychology, Staffordshire University, United Kingdom

"Clifford and Curtis masterfully combine theory, practice, and research in this engaging book. The authors capture complex ideas in rich, realistic dialogues between practitioners and their clients. The style makes reading and comprehension easy. In their engaging flow from theory to practice, Clifford and Curtis guide readers toward an integrated awareness of the MI process as applied to issues of nutrition and fitness. This is a great book that helps readers 'get' the core concepts of MI and how to implement them in this area of health behavior change."--James Gavin, PhD, Department of Applied Human Sciences, Concordia University, Montreal, Québec, Canada

"Clifford and Curtis have created a great resource for training future consultants on applying the principles of MI to nutrition and fitness. The authors marry sound theory (transtheoretical model, self-determination theory) to applied practice to inform this 'how-to' guide. The book is full of helpful conversation examples and reproducible handouts that will aid the learning process. A major strength is that the authors' work is grounded in the Health at Every Size paradigm. Highly recommended!"--Linda A. Keeler, EdD, CC-AASP, Associate Professor of Sport and Exercise Psychology, Western Washington University

"The MI perspective teaches practitioners to position sessions in a way that inspires clients to take ownership of their health by prioritizing changes clients feel are most important. A broad audience of health professionals, students, and interns will find this book a thorough resource and guide to the strategies essential to MI....This publication is generous with helpful practitioner–client scenarios and an appendix of counseling and MI resources. Downloadable handouts are a particularly valuable component of this book....At first read, the practitioner will have a good idea of how to incorporate MI in practice. Subsequent readings will allow practitioners to further develop and hone in on their techniques. *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. Educators searching for appropriate textbooks to adopt would find this a beneficial addition to the classroom.”
(*Journal of Nutrition Education and Behavior* 2016-01-01)

"It is a useful tool and resource for new and seasoned healthcare professionals alike."
(*Doody's Review Service* 2016-04-22)

About the Author

Dawn Clifford, PhD, RD, is Associate Professor and Director of the Didactic Program in Dietetics in the Department of Nutrition and Food Science at California State University, Chico. In addition, she cofounded and is currently Director of FitU, a peer mentoring nutrition and exercise counseling program on campus. She received the Outstanding Dietetics Educator Award from Nutrition and Dietetic Educators and Preceptors, a practice group of the Academy of Nutrition and Dietetics. Dr. Clifford conducts research and is an accomplished speaker in the areas of MI and non-diet approaches to health and wellness. She has published several research articles in the *Journal of Nutrition Education and Behavior* and written curricula for *Today's Dietitian* and *Nutrition Dimensions*. She is a member of the Motivational Interviewing Network of Trainers (MINT).

Laura Curtis, MS, RD, is Director of Nutritional Services at Glenn Medical Center in Willows, California, where she provides clinical nutrition services to patients in acute care and is a nutrition therapist for the outpatient clinic. In addition, she serves as a preceptor to undergraduate dietetic students and a part-time lecturer at California State University, Chico. Ms. Curtis has extensive training in MI at both the undergraduate and graduate levels. As a nutrition therapist, she provides counseling to patients with conditions such as diabetes, heart disease, and disordered eating, and to those considering bariatric surgery. In her counseling, she pairs MI with the non-diet principles of intuitive eating and Health at Every Size.

Users Review

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Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite publication and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing). Try to make book Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing) as your close friend. It means that it can for being your friend when you truly feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know every little thing by the book. So , we need to make new experience as well as knowledge with this book.

Dale Perez:

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Michael Kautz:

Is it you actually who having spare time subsequently spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing) can be the response, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these books have than the others?

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