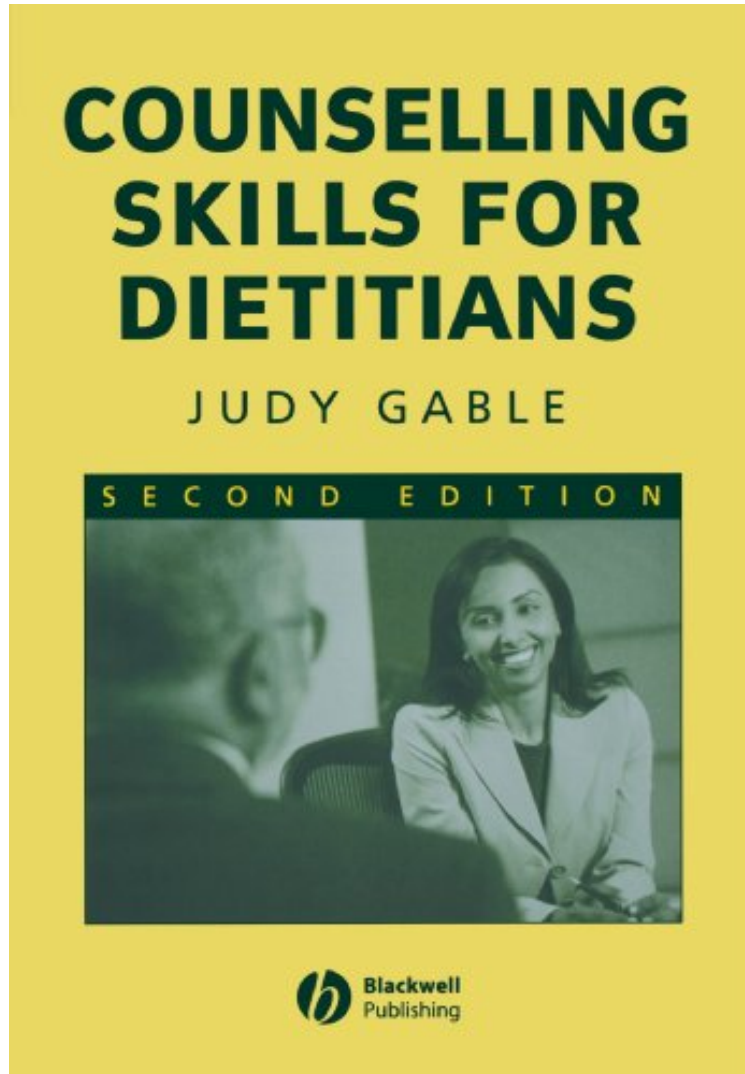


Counselling Skills for Dietitians

Judy Gable

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Judy Gable : Counselling Skills for Dietitians before purchasing it in order to gage whether or not it would be worth my time, and all praised Counselling Skills for Dietitians:

Dietitians need to use advanced communication skills as well as technical expertise in order to assess clients' needs, identify their problems and help them to manage their diet and lifestyle. The ability to develop a helping relationship is fundamental to achieving a mutually satisfactory dietetic interview. Counselling skills, defined as advanced communication skills used intentionally in a helping relationship, are therefore essential for good dietetic practice at

all levels of the profession. This book demonstrates how a practitioner can develop a counselling approach and employ appropriate counselling skills to overcome the communication difficulties encountered by dietitians and those engaged in helping clients change their eating behaviour. New material in the second edition includes an expanded section on the patient interview including assessing motivation and applying aspects of CBT (cognitive behavioural therapy) and a new section on personal development including examples and discussion on issues of interprofessional communication and working in a multidisciplinary team.

'Provides an invaluable source of insight and practical guidance which will help those who are new to the profession to develop the skills which are so vital for effective practice. There is also plenty for the more experienced practitioner to reflect on.' - Jane Thomas, Senior Lecturer in Nutrition Dietetics, King's College, London 'It is written in a clear, straightforward way yet what is said is quite profound.' - Janet Seller, Primary Care Counsellor and Supervisor 'These are great developments for the book. I found it all very relevant and the extra detail and practical examples make it especially helpful, particularly for students.' - Tamara Herrmann, Visiting Lecturer, King's College, London 'The author's experience as both a dietitian and counsellor marry together well to give a book which rightly deserves a place within every dietetic department, to encourage experienced dietitians, as well as those newly qualified and in training, to embrace counselling skills as an integral part of their practice Laura Forrest, Community Specialist Dietitian, Nutrition Bulletin

From the Back Cover Dietitians need to use advanced communication skills as well as technical expertise in order to assess clients' needs, identify their problems and help them to manage their diet and lifestyle. The ability to develop a helping relationship is fundamental to achieving a mutually satisfactory dietetic interview. Counselling skills, defined as advanced communication skills used intentionally in a helping relationship, are therefore essential for good dietetic practice at all levels of the profession. This book demonstrates how a practitioner can develop a counselling approach and employ appropriate counselling skills to overcome the communication difficulties encountered by dietitians and those engaged in helping clients change their eating behaviour. New material in the second edition includes an expanded section on the patient interview including assessing motivation and applying aspects of CBT (cognitive behavioural therapy) and a new section on personal development including examples and discussion on issues of interprofessional communication and working in a multidisciplinary team.

About the Author Judy Gable had a career in dietetics before training as a counsellor and has trained dietitians in communication skills for many years. She currently works as an accredited counsellor in primary care.