

MNT5 Counseling Assignments:

1a) The concept of motivational interview

The purpose of motivational interviewing is used for counseling the patients or clients using open ended questionnaires. This method was developed by psychologist William R. Miller and tends to improve communication between therapist and patient. Motivational interviewing is a useful technique to use for dieticians as well. Open-ended questions should avoid “yes” or “No” answers, instead a proper way to start questions by beginning with what, where, when, and how will allow clients to answer broadly and expand their thoughts. Asking open-ended questions will empower the patient, allowing clients to have full autonomy to change their behaviors. Poorly asked close-ended questions will lead to short and monosyllabic answers, with no details, and they do not enrich the discussion. Often, counselors may assume that the client is not being as cooperative as should be. Therefore, putting questions not in an open-ended way will turn the whole conversation in a different direction. In contrast, open-ended questions evoke longer answers, with details and the client can be more elaborate on that given question. Thus, counselors will have a more clear picture of clients and their relationship with food. This will also give more accurate examination and better treatment options. Again, open-ended questions should be clear, brief, and direct. For instance, instead of asking did you ate your lunch, what did you eat for your lunch will possibly give a meaningful answer. Open-ended questions may include data questions and knowledge questions. Data questions are beneficial for assessment data gathering. Knowledge questions are when the counselor knows all the answers but asks the client to identify the correct answer, however, the client might worry to answer is wrong, therefore, the therapist should carefully use this type of question while interviewing. Furthermore, therapists should be careful by asking feeling questions. For example: “ Would you

mind sharing your reactions when you were diagnosed with diabetes?” Leading questions like “You enjoy your ice cream, don't you?” are designed to direct clients to respond in a particular direction. Carefully crafted open-ended questions encourage clients to share their opinions, thoughts, ideologies, hesitations, and experiences. Meanwhile, registered dietitians and nutritionists help clients sustainably change their behaviors without being judgemental, sincere, and empathetic.

1b) What are the SMART goals:

Using SMART goals are designed to achieve a certain goal or change desired behaviors. Many people struggle to achieve their goals when it comes to nutrition like eating healthy, maintaining weight, or losing or gaining weight. Often, we set up our goals without any structure or plan. Often, people want to put a lot of effort into the beginning of the goal, and many times, they fail before seeing the result or outcome. Setting goals by using SMART is helpful and more effective.

SMART stands for:

- S is specific
- M is measurable
- A is actionable
- R is relevant
- T is time-bound

The goal should be specific, because, when the goal is not specific, it is difficult to achieve. For instance, losing 10 lbs in 8 months is more specific than eating healthy. Making goals measurable is key. Keeping track of progress will give incentives to keep going. Goals should be realistic and attainable. For example, losing 1 pound in a month is more realistic rather than in a

week. When one can identify a goal, then that person can use relevant methods to achieve the goal, in this case, working out with a combination of eliminating soft drinks from the diet. And, when the goal can be achieved, in this case, to lose 10 lbs in 8 months, I need to work out 2 times a week for 45 mins.