Outpatient Counseling Assignment

Assignment Description: This assignment provides dietetic interns with the opportunity to perform outpatient nutrition counseling under the supervision of a Registered Dietitian preceptor. This assignment will assess competency in nutrition counseling skills and provide supervised practice hours.

Learning Outcome: Practice outpatient counseling skills under the supervision of the dietitian, such as building rapport, motivational interviewing, and delivery of culturally appropriate nutrition education. Receive feedback and coaching from your preceptor. Assess delivery of trauma-informed (TI) nutrition care, based on self-evaluation of pillars of TI care.

2022 ACEND standards core competencies addressed:

CRDN 2.12 Implement culturally sensitive strategies to address cultural biases and differences.

CRDN 3.7 Demonstrate effective communication and documentation skills for clinical and client services in a variety of formats and settings, which include telehealth and other information technologies and digital media.

CRDN 3.10 Use effective education and counseling skills to facilitate behavior change.

CRDN 3.12 Deliver respectful, science-based answers to client/patient questions concerning emerging trends.

CRDN 5.1 Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.

Learning Assessment: CRDN 2.12, 3.10

Outpatient Counseling Assignment Requirements

- Complete **3 sessions** (one intake/initial and 2 follow-ups) of outpatient nutrition counseling under the supervision of an RD preceptor. Sessions do not need to be consecutive or with the same client and should be 30-75 minutes in length.
- You may decide with your preceptor ahead of time which clients you will see for this assignment in order to prepare for sessions.
- Your preceptor must evaluate your performance on Trajecsys and submit the report.

Scope of Practice:

- All sessions are confidential and must be HIPAA compliant. De-identify any medical journal notes that you keep about your nutrition coaching sessions.
- Under the supervision of your preceptor, you may use Medical Nutrition Therapy in counseling sessions as appropriate. Please defer to their judgment and guidance on interventions to take.
- Your preceptor will need to assign you clients based on clinical complexity and appropriate client-provider fit.
- Your preceptor must be present during your sessions (telehealth or in-person).
- When possible, plan debriefing sessions with your preceptor following each session.

Nutrition Coaching Sessions

Conduct Nutrition Coaching Sessions: You will facilitate a total of 3 (1 initial + 2 follow-up) nutrition counseling sessions lasting 30-75 minutes. Incorporate all key components of a session including education and goal setting. Review the ***Trauma Informed Care Counseling Rubric.*** This tool will help you self-evaluate after each session.

Session components:

1. Introduction and establishing rapport with the client
2. Gather information utilizing OARS & other counseling strategies to help identify needs/desires of the client
3. Provide appropriate & relevant nutrition education & coaching
4. Goal Setting: establish 2-3 SMART goals with the client
5. Wrap Up Session

Self-Reflection of Counseling Techniques

Self-Reflection: Address the following questions in the ***Outpatient Counseling Self-Reflection*** **quiz on Canvas** after the final session:

1. What did you do successfully?
2. What did you find challenging?
3. How did you foster the following for your clients in the counseling room? *(use direct quotes if you can for each)*

A. Safety
B. Trust and transparency
C. Collaboration and mutuality
D. Empowerment, voice and choice
E. Peer support *(optional)*
F. Social and historical contextualization *(optional)*

4. Which counseling interventions did you use? ☐ Behavior Chain Analysis ☐ Self-Monitoring ☐ Cognitive Restructuring ☐ Values Exploration ☐ Hunger/Fullness Scale ☐ Exposure Therapy ☐ Other:
5. Why did you choose these interventions?
6. Did you feel like the intervention was successful?
7. Discuss the stage of change your client was in and provide supporting evidence of this.
8. Discuss if your goals or interventions aligned with their stage of change.
9. Do you feel like your client was satisfied with the care you provided?
   - If not, why do you think they were unsatisfied?
   - Were they able to make progress towards their goals, why or why not?
10. What did you learn about yourself as a nutrition counselor?
11. How did your dominant identities show up in the counseling room? (*refer to Diversify Dietetics Identity Wheel on Canvas)*
12. What was your preceptor's feedback?
13. As an emerging nutrition counselor, how would you describe your approach?
    - Is your approach similar or different from approaches you've observed in rotations?
14. How did you grow as a nutrition counselor from the first session to the last?

Final Assignment Submission Checklist

- Submit 3 *TI Care Counseling Rubrics (self-evaluations)* for each session completed.
- Complete Outpatient Counseling Self-Reflection in **Canvas quizzes** after the third session
- Have your preceptor complete Outpatient Counseling Assignment Evaluation on **Trajecsys.**