DESCRIPTION

The third edition *Counselling Skills for Dietitians* has been fully revised and updated to reflect the recent developments, research and interests in the field. It explores the skills required for dietetic counselling, and includes frequent examples of dialogue from patient consultations, as well as exercises and activities so that the reader can undergo experiential learning relevant to their practice.

- Includes examples from daily practice to illustrate the difficulties encountered by dietitians and demonstrate the application of counselling skills
- Clearly explains theoretical models of accepted counselling practice underpinning the skills described
- Has been updated to include additional information on topics such as assertiveness skills and eating distress
- Addresses practical and psychological issues faced by dietitians and patients
- Includes the latest research evidence for counselling skills in dietetic practice
- Draws upon research evidence, theory and experience from the fields of psychotherapy and counselling
- Now provides access to a range of supportive online material including videos of consultations, case studies and resources for trainers
ABOUT THE AUTHOR

Judy Gable worked as a dietitian for many years, specialising in paediatrics in the 1970s and diabetes research in the 1980s. In the early 1990s she established the course in communication skills for dietetic students at King’s College and during the next ten years also facilitated introductory courses in counselling skills and assertiveness for dietitians. She continued to work as a counsellor in primary care until 2010.

Tamara Herrmann has worked for many years as a GP/Community dietitian and during this time developed her interest in obesity, eating disorders and communication skills. Tamara now works in private practice as a registered dietitian and registered psychotherapist.

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