

CLIENT-DIRECTED COUNSELING FOR NUTRITION PROFESSIONALS CERTIFICATE

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Courses

Code	Title	Hours
eCornell DNS510	Client-Directed Counseling for Nutrition Professionals	0

Program Description

This program provides registered dietitian nutritionists (RDNs) with proven techniques for refining their counseling skills—a critical component in promoting positive client behavior change. Nutrition professionals can significantly enhance their clinical expertise, along with client satisfaction and success, by using skillful counseling techniques, especially those that encourage open, productive partnerships. Upon completion of these courses, learners will be positioned to increase their effectiveness and confidence as in-demand nutrition counselors through improved knowledge, skills, and practice.

Key Takeaways

- Strengthen client interactions using social cognitive learning theory to promote lasting behavior change
- Interpret your and your clients' non-verbal cues and self-manage during counseling sessions
- Combine intuition and your client's perspective to correctly identify nutrition problems and develop solutions
- Recognize clients' specific wants and needs to develop motivational goals aligned with their desire for change
- Enhance client confidence in achieving their goals through increased empathy
- Customize how you translate nutrition information to diverse clientele, blending this with your natural communication style

What You'll Earn

- Client-Directed Counseling for Nutrition Professionals Certificate from Cornell University's Division of Nutritional Sciences
- 18 Professional Development Hours (18 CEUs)
- The course in this program has been approved by the Commission on Dietetic Registration as self-study activities earning 18 CPE units.

Who Should Enroll

- Students from the United States must be Registered Dietitians (RD or RDN)
- International students need to have a credential approved by the International Confederation of Dietetic Associations — full list available at the International Confederation of Dietetics Associations website

Total Investment

- 8 weeks to complete all the courses

How To Enroll

For more information on how to enroll, please visit Client-Directed Counseling for Nutrition Professionals (<https://ecornell.cornell.edu/>)