**Molly Kellogg's COUNSELING INTENSIVE:**

A unique experiential Motivational Interviewing training program with small group format and practice with partners to integrate the skills. An on-line program is completed prior to the workshop and allows deeper practice during the two-day program.

Credits approved for Registered Dietitians and DTRs: 18 (Certificate of completion provided to everyone)
We keep these workshops small to maximize individual attention. Early registration is advised!

Print brochure at <http://www.mollykellogg.com/wp-content/uploads/2014/07/Brochure-CI.pdf>
Register online at <http://www.mollykellogg.com/professionals/counseling-intensive/>
**WORKSHOP DATES:**  September 16-17, 2016
**LOCATION:**  Nashville
**REGISTRATION DEADLINE:**  August 19

**Topics:**

* How behavior change happens
* Evidence for Motivational Interviewing
* How to work with resistance
* Fundamental counseling skills
* Unpacking client meaning and values
* Exploring confidence to change
* Helping clients gain more choice
* Providing advice effectively
* Professional boundaries, including use of self-disclosure and answering personal questions
* Help with tough cases
* Self-care and avoiding burn out
* What to do when you have very little time
* ...and much more!!

"This was the missing piece!"
"The single most helpful workshop I have attended to help my effectiveness as a dietitian."
“These are the skills we all wish we had been taught in school.”

**Interested but can’t attend this time?** Sign up for the free "Counseling Tips for Nutrition Therapists" e-mail series at [www.mollykellogg.com](http://www.mollykellogg.com/%22%20%5Co%20%22blocked%3A%3Ahttp%3A//www.mollykellogg.com/%22%20%5Ct%20%22_blank).