**Name: Amy Wagner**

**Counseling Project Part II (30 points): your second session with your client**

**SESSION 2 with Client (includes the completion Part II of your written report)**

1. **Second Session:** You will present your evaluation to your client during your **second session.** Be aware of your client’s reactions. (Remember the client-centered approach incorporates the client’s perspective on which goals are a priority). As part of the nutrition care process, list those nutrition-related problems where there was agreement between you and the client. Then together set goals with your client for modifying their diet to meet their health goals.
2. Establish a written plan of action to address the nutrition goal and behavior change agreed upon in your **second session**. Discuss this plan with your client. You should provide the client with a written plan based on what you decided and they can take it with them.

**Nutrition-related Problems:** Excessive energy intake, low physical activity

**Behavioral Problems:** Self-monitoring and self-efficacy

* 1. Excessive energy intake
		1. **Goal:** Lower energy intake by how satiated the client feels while eating meals (recognize satiety).
			1. Be mindful of when you feel hungry and when you feel full. Eat appropriate portions at each meal.
	2. Low physical activity
		1. **Goal:** Increase physical activity by strength training with weights while on the computer or watching a sporting game; increase walking 4,000 steps/day (in PA), and walking 6,000 steps/day (in DC).
	3. Behavioral: Self-monitoring and self-efficacy
		1. **Goal:** Improve client’s self-efficacy and self-monitoring abilities by mentally evaluating the qualities and nutrition value of each food group on her plate each time she eats. This does not include tracking food or counting calories. However, it is evaluating the food she will be eating before she eats it.
			1. Reward with non-food items.
			2. Be mindful of how you’re rewarding yourself.
			3. Emotional eating; know why you’re eating.
1. In your written plan, include the following:
	1. Describe your strategy or approach for helping the client address nutrition-related problems and concerns (e.g., transtheoretical approach, behavior modification, health belief model, etc). Include a description of how you used these approaches to address the client’s issues and concerns and why.
		1. For each of the goals my client and I discussed, the approaches I used were motivational interviewing and the transtheoretical model of change. The transtheoretical model of change was utilized by addressing what stage she is in of readiness to change her behavior. The stage she is in is the preparation stage because she is willing to change and she is slowly adopting new lifestyle practices. She is also working on her self-efficacy and desire to change. I also used the motivational interviewing approach in the second counseling appointment with my client by empowering her by focusing on what she does well with her diet. Something she does well is that she prepares relatively healthy meals, however she overconsumes at her meals and snacks and she eats relatively unhealthy snacks. I also utilized evocation by drawing out the clients thoughts and feelings towards food and achieving her nutritional goals.
2. Complete your own chart like the example. Outline 2 nutrition goals you set cooperatively with the client (goals); they should be relative to your nutrition diagnosis(s) that you already identified in Part 1 of the Counseling Project, which you already submitted to me. In the example chart above, you can see that goal 1 goes with nutrition diagnosis of inadequate fiber intake and goal 2 goes with nutrition diagnosis of excessive energy intake.

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| **Nutrition goal 1:** Lower energy intake by how satiated the client feels while eating meals (recognize satiety).  | **Intervention (Plan) 1:*** Acknowledging the feeling of satiety and learning that she doesn’t need to eat when she is board.
* Provide handout on “enjoy your food, but eat less” from MyPlate.gov.
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| **Nutrition goal 2:** Increase physical activity by strength training with weights while on the computer or watching a sporting game; increase walking 4,000 steps/day (in PA), and walking 6,000 steps/day (in DC). | **Intervention (Plan) 2:*** Increase steps by walking outside, and around the house. (ex: if you’re doing work go back and forth into a separate room to get water to increase steps).
* Provide handout on “physical activity at home, work, and play” and “be active adults” from MyPlate.gov.
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| **Eating behavior goal:** Improve client’s self-efficacy and self-monitoring abilities by mentally evaluating the qualities and nutrition value of each food group on her plate each time she eats. This does not include tracking food or counting calories. However, it is evaluating the food she will be eating before she eats it. | **Intervention for Eating Behavior**🡪Provide tips for mindful eating:* Instruct client on portion control.
* Provide handout on “Hacking your snacks” and “make better food choices” from MyPlate.gov.
* Drink water instead of eating when not hungry.
* Reward with non-food items.
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1. Describe any activities or interventions you gave the client to complete, that complemented your intervention plan (what did the handouts instruct the client to do or to learn? Upload and attach any handouts you gave the client).
* Activities and interventions are listed above in chart.
* Handouts are attached to D2L separately (all from MyPlate.gov)
	+ **Physical activity at home, work, and play**
		- Encourages client to incorporate a little bit of physical activity into their everyday life along with providing alternate ways to exercising around the house. Incorporating physical activity into how client performs household chores. Incorporate working out and strength training while watching TV.
	+ **Enjoy your food, but eat less**
		- Encourages client to understand what foods they are eating and how nutritious they are. Advises client to choose healthier options and overall be more mindful while eating.
	+ **Hacking your snacks**
		- Encourages client to plan on packing or preparing healthier snack options to help curb hunger and cravings.
	+ **Be active adults**
		- Encourages adult clients to keep their bodies moving and staying active to prevent chronic diseases.
	+ **Make better food choices**
		- Includes 10 tips for women’s health and encourages women to make better lifestyle choices in regards to food and health.
1. List one eating behavior goal
	* 1. Eating behavioral goal is listed above in chart.
2. Include any nutrition or lifestyle related information or instructions you provided (plan).
* Other than what is stated in the chart above, I also encouraged my client to monitor her snacking after 3 pm. She explained that she gets ravenous after 3 pm and overeats unhealthy snacks. Because of her lifestyle I suggested that while doing her computer work if she wants a snack that she should first realize if she is just eating to eat of if she is actually hungry. If she is actually hungry I suggested for her to walk into the kitchen to get half of a healthy snack and bring it into the other room. If after finishing that snack is she was still hungry I suggested that she walk into the kitchen to drink a big glass of water and continue doing work. If she was still hungry after that I suggested that she could finish the other half of the healthy snack she started eating. This way she has to walk several times to get her snack and water and she has more time to think about what she’s eating and why she’s eating it.
1. Discuss any use you made of rewards or reinforcements.
* We discussed how she should not reward herself with food. We decided that if she wants to watch a sports game on the television, she first has to walk around the block so that the sports game could be her reward instead of food.
1. Describe the use of any behavior modification techniques (if applicable).

- My client and I discussed emotional eating and how she needs to realize why she’s eating and when she’s eating it. We also discussed alternate activities to eating such as sewing and playing board games. We went over possible ways she can reward herself without using food, but we could only come up with a few examples: going on a walk and rewarding herself with a board game or watching a sports game. She also realizes that she needs to get more support from her husband so that she can achieve her goals.

1. Attach any educational materials you used.
* (Attached by submission drop box separately).