

WN4DC

Mini-counseling course

Part 2, Using Affirmations and Summaries



About This Course

Thank you, for enrolling in the WN4DC Mini-counseling course.

Taking the full course (part 1 and part 2) will allow you to effectively use the **O.A.R.S mnemonic** in a weight neutral way.

Part 1, covers the Open-ended Questions and Reflections - and it includes 5 recorded mini-classes

Part 2, covers Affirmations and Summaries and it is taught by a 2-hour live program and 1 hour of recorded learning.





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Notice of Requirements For Successful Completion

Please refer to learning goals and objectives
Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

Conflict of Interest (COI) and Financial Relationship Disclosures:

Megrette Fletcher: M.Ed., RD, CDE – The Center for Mindful Eating
Advisory Board, Speaker for Skelly Skills, Am I Hungry? .com, partner in the WN4DC Symposium

How to get the most from taking this course

- Watch the recorded review of part 1, which covers Open-ended Questions and Reflections
- Download the PDF handout of typical responses so you can play the two games provided.
- Join us LIVE on January 7, from 11-1
- Be ready to ask questions and advance your learning!
- Relax - you will be able to rewatch the live program by login into your account.



How Part 2 of this course is organized

There will be both live and recorded webinars for you to watch.

Let's review!

Webinar 1 is recorded

4 Typical Responses - In this webinar, we will **review key aspects of Part 1**, and demonstrate how using OEQ and Reflections can help you come alongside with your clients when they aren't able to lean into learning.



Reviewing is Fun and Games

In this recorded webinar, you will also get to practice the typical responses by playing a game with your colleagues or friends.



Webinar 2: 7 Things to Affirm

In this webinar, you will explore **seven vital weight-neutral behaviors & intentions** so you can always affirm your client and accurately engage in reflection.



Five-part focus of non-diet skills

- In five separate **LIVE webinars** you will learn how to affirm five non-diet skills
- 3. **Body Cues** -- Affirming the awareness of eating and body cues such as hunger, fullness, and satiety without attaching these behaviors to weight loss for people with diabetes.



Providing Support - learning how to affirm

4. Affirming Self-care vs. weight-loss desires for people with diabetes.

5. Affirming the many ways to **Embrace All Foods** and exploring how to reduce food fears and the desire to explore how all foods fit.



Learning continues

6. Affirming the many ways **Size Acceptance and Size Diversity** may present for the client.

7. Affirming **Enjoyable Movement** for health, well being, and blood sugar control instead of weight-loss.



Asking Questions and Advancing Understanding

During the live presentation and in the course there will be opportunity to ask and answer your questions.

Additionally, you can join the Facebook professional group called WN4DC. There are over 1700 WN professionals there to provide you support and resources.



8. The last webinar will be recorded and focus on **Summaries**

- You will learn that summaries are not goals or reflections but may have some shared qualities.
- You will also learn how to use summaries and reflections effectively to help you smoothly shift your counseling sessions out of MI to create practical weight-neutral health goals.


