

## Molly Kellogg, LCSW, CEDRD

### This is who I am...

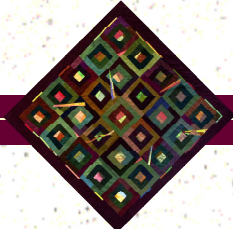
I am passionate about helping you make a difference in your clients' lives. Having been as stuck and frustrated as you when clients don't follow advice, I'm excited to pass on what I know.

After five years as a clinical dietitian I started a private practice in 1985. The results were discouraging. I needed more skills so I returned to school for a graduate social work degree in 1994 and completed the training to join the Motivational Interviewing Network of Trainers in 2010. My practice now includes both psychotherapy and nutrition care for those with eating disorders and disordered eating.

As I gained new insights, I began writing monthly "Counseling Tips for Nutrition Therapists." The Tips have developed into Practice Workbooks, supervision for dietitians around the country, and training programs such as this.

I've worked hard to build skills in guiding people to make vital health behavior changes. Now I want to share them with you. Are you ready?

For more information:  
molly@mollykellogg.com  
215-843-8258



*"This course provides RDs the missing link to prevent burnout and frustration and serves as a tool to make us more effective and efficient 'change' professionals."*

*"Your presence and teaching style was incredible. I felt at ease, and able to practice in an environment without judgment. It gave me the re-invigoration I needed."*

*"The Counseling Intensive was well worth my time and financial investment. Molly is a fabulous trainer leading by example and Including a balanced variety of activities to assimilate the skills. I have been a dietitian for 20+ years and this workshop leads my list in best CEUS!"*

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For latest dates and cities go to:  
[www.mollykellogg.com/professionals/events/](http://www.mollykellogg.com/professionals/events/) or email me about coming to your city.

Registration Fees	
Regular Registration (must register 4 weeks prior)	\$515
If on-line, <i>Steps Program</i> previously purchased	\$355
Students (limited spots. Please email for availability)	\$260

### Includes:

- Breakfast and lunch
- Counseling Tips for Nutrition Therapists: Practice Workbook, Vol 1.
- 18 - 24 CPE credits for Registered Dietitians and DTRs



## Format

City attending: \_\_\_\_\_

Name/Credentials: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment Amount: \$ \_\_\_\_\_

Payment Method:

Check (Payable to Molly Kellogg)

Visa  MasterCard  Amex

Number \_\_\_\_\_

Exp. \_\_\_\_\_

Security numbers on back of card \_\_\_\_\_

Signature \_\_\_\_\_

Molly Kellogg  
100 East Sedgwick St.  
Philadelphia, PA 19119  
Fax: 206-888-2383

1. **On-line program** based on motivational interviewing to be completed prior to the workshop. You must register and begin this program at least 4 weeks prior to the workshop.
2. **Two-day Workshop:** Highly interactive, small group workshop. A mix of presentation, practice with partners, group discussion, demonstration and short videos of counseling sessions. Time for questions and help with tough cases.
3. **Post workshop conference call:** one-hour call one month after workshop to share successes and struggles and to ask more questions.

## Topics

- How behavior change happens
- Evidence for Motivational Interviewing
- How to work with resistance
- Fundamental counseling skills
- Tracking client readiness
- Unpacking client meaning and values
- Exploring confidence to change
- 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!!



## Molly Kellogg's

## Counseling Intensive

A three-part learning experience  
for nutrition professionals



[www.mollykellogg.com](http://www.mollykellogg.com)

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**Or register online at  
[www.mollykellogg.com](http://www.mollykellogg.com)**

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### Workshop Schedule

9:00 - 4:30 each day

Light breakfast 8:30 - 9:00

Lunch 12:15 - 1:15