

Counseling Techniques and Approaches that Support Behavior Change

Fatima Al Muhairi

Sheikh Khalifa Medical City, Abu Dhabi
UAE

Abstract

Nutritional counseling is aimed at facilitating a client's quest for a healthier life. A counselor may adapt traditional or non-traditional techniques or a combination of both approaches in nutritional counseling. Traditional methodologies involve establishing two steps; first, a rapport is established and then changes are implemented depending on the customer's problems. On the other hand, nontraditional methods involve offering additional tools to dietitians for nutritional counseling purposes. Nontraditional methods include centering, meditation, biofeedback, and guided imagery. The primary aim of these techniques is to help the client in developing goals and adopting behavioral change. This way, the patient is able to gain an inner self-healing and self-participation in the process of behavioral change. Holistic nutritional therapy procedures incorporate nontraditional techniques for nutritional counseling. A wide range of clients with nutrition-related behavioral change could benefit from the field of mind-body awareness. Nutritional care plans should not only be based on diet sheets, laboratory tests, and daily habits regarding meals. Dietitians should also consider the spiritual, physical and emotional influences on the process when teaching clients how to achieve better self-awareness. Additionally, stress reduction and family dynamics also play a significant role in behavioral change. One of the advantages of the nontraditional approach is that it guides the client to understand that it is possible to influence personal behavioral patterns through connections with the inner self. Internal control plays a vital role in enhancement of personal health and compliance with dietary guidance in addition to increasing the work satisfaction of nutritional counselors.



Biography:

Ms. Fatima Al Muhairi is an accredited practicing dietitian working in Sheikh Khalifa Medical City in Abu Dhabi, UAE. She is contagiously positive, and passionate about nutrition and healthy living. She is known for her comprehensive approach that encompasses physical, mental and spiritual well-being. Fatima graduated with a Bachelor degree in Public Health and Nutrition with a Minor in Applied Psychology from Zayed University. She recently completed her Master's degree in clinical psychology from United Arab Emirates University, Al Ain.

Speaker Publications:

1. "Why do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs?"
2. "Can hospital osteomyelitis be treated without the use of antibiotics?"

[3rd World congress on Nutrition and Obesity Prevention;](#)
Webinar – October 26, 2020.

Abstract Citation:

Fatima Al Muhairi, Counseling Techniques and Approaches that Support Behavior Change, Nutrition Meet 2020, 3rd World congress on Nutrition and Obesity Prevention; Webinar-October 26, 2020.

<https://obesityprevention.nutritionalconference.com/>