

# Counseling Tips for Nutrition Therapists, Vol. 2

## Table of Contents

TIP # 26 SLOWING DOWN .....	3
TIP # 27 GETTING CLIENTS TO RETURN AFTER THE FIRST VISIT .....	5
TIP # 28 SPLITTING .....	8
TIP # 29 WORKING WITH OUTCOMES.....	11
TIP # 30 HUMOR .....	15
TIP # 31 NUTRITION THERAPY AND PSYCHOTHERAPY: WHERE ARE THE EDGES?....	17
TIP # 32 WHEN A CLIENT CHALLENGES YOUR EXPERTISE.....	21
TIP # 33 WHAT WE CAN DO AND WHAT WE CAN'T .....	23
TIP # 34 DISCUSSING FEES WITH CLIENTS .....	25
TIP # 35 WHAT TO DO WHEN STUCK.....	28
TIP # 36 WHEN OUR CLIENTS LIE TO US.....	31
TIP # 37 THE POWER OF PERMISSION.....	34
TIP # 38 COLLABORATION .....	36
TIP # 39 IMPERATIVES.....	38
TIP # 40 HANDLING TIME AWAY FROM YOUR PRACTICE .....	40
TIP # 41 WHEN YOUR CLIENT IS DEPRESSED .....	42
TIP # 42 BOOSTING YOUR CLIENT'S CONFIDENCE.....	44
TIP # 43 WHEN YOU HAVE VERY LITTLE TIME .....	46

TIP # 44 DEALING WITH THE EXPECTATIONS OF OTHERS .....	48
TIP # 45 PROFESSIONAL CONFIDENTIALITY .....	51
TIP # 46 TRIPLE DESCRIPTION .....	53
TIP #47 CHOICE.....	55
TIP #48 ASSERTIVENESS .....	57
TIP #49 PARALLEL PROCESS .....	59
TIP #50 WHAT WE KNOW TO BE TRUE.....	61