

Molly Kellogg, RD, LCSW
520 Carpenter Lane, #3H
Philadelphia, PA 19119
molly@mollykellogg.com
215-843-8258

Education

Master of Social Service, 1994
Concentration in Clinical Social Work
Bryn Mawr College, Bryn Mawr, PA

Master of Science, 1979
Nutrition Science
Drexel University, Philadelphia, PA

Bachelor of Arts, 1974
Social Welfare and Counseling
Antioch/Philadelphia, Yellow Springs, OH

Work Experience

1994 to Present **Private Practice in Psychotherapy**

1985 to 2020 **Private Practice in Nutrition**

2000 to 2021 **Consultation, training and speaking on Motivational Interviewing**

1994 to 2002 **Introspect of Montgomery County, Colmar, PA
Psychotherapist**

1994 to 1996 **The Renfrew Center, Philadelphia, PA
Outpatient Nutritionist and Psychotherapist**

1993 to 1994 **University Counseling Service, University of Pennsylvania
Social Work Intern**

1991 to 1992 **Hospital of Philadelphia College of Osteopathic Medicine, Philadelphia, PA
Prenatal Nutritionist**

1989 to 1991 **Dairy Council, Inc., Southampton, PA
Coordinator, Lifesteps[®] Weight Management**

1981 to 1989 **Medical College of Pennsylvania, Philadelphia, PA
Maternal Services Nutritionist & Clinical Dietitian**

1979 to 1981 **Visiting Nurse Association of Norristown, Norristown, PA
Coordinator, Montgomery County WIC Program**

1979 & 1985 **Drexel University, Philadelphia, PA
Adjunct Faculty**

Professional Memberships, Certifications and Awards:

- Licensed Clinical Social Worker, Pennsylvania (CW013906)
- Certified IFS (Internal Family Systems) Therapist
- Approved IFS Clinical Consultant
- Registered Dietitian
- Member, Motivational Interviewing Network of Trainers (MINT)
- Certified Gestalt Therapist
- Philadelphia Dietetic Association: President, 1985-1986
- Board of Directors, Center for Mindful Eating, 2006- 2008
- Behavior Health Nutrition Practice Group Excellence in Practice Award for Eating Disorders, 2008

Publications (partial list):

- Counseling Tips for Nutrition Therapists: Practice Workbook Series, 2006-2015
- Toolbox for Nutrition Counseling Education, 2007
- "State of the Evidence Regarding Behavior Change Theories and Strategies in Nutrition Counseling to Facilitate Health and Food Behavior Change," J Am Diet Assoc, 2010; 110:879-891. Co-author.
- "Integrating Motivational Interviewing and the Non-Diet Approach," in Wellness, Not Weight: Health At Every Size and Motivational Interviewing, Edited by Ellen R. Glovsky, 2014.

Presentations (partial list):

- "Internal Family Systems for Dietitians" Co-presentations with Jeanne Catanzaro, PhD and Diana Dugan Richards, RDN, LDN, RYT, 2017 - 2019.
- "Innovative Counseling Strategies for Disordered Eating: Mindful Practices & Internal Family Systems" Co-presentation with Andrea Lieberstein, MPH, RD, RYT, Food and Nutrition Conference and Expo, 2018.
- "The Language of Change: Working with a Client's Own Words to Support Change" and "Building a Plan to Advance Your Counseling Skills," National WIC Association Conference, 2014.
- "Motivational Interviewing and a Health At Every Size Approach to Weight Management," MI Trainers Forum, 2014. Co-presentation with Ellen Glovsky, PhD, RD.
- "They Won't Do What I Say!: Motivating for Health Behavior Change," Collegiate and Professional Sports Dietitians Association, 2013.
- "What Works in Nutrition Counseling: Using Evidence-based Strategies," American Dietetic Association Convention, 2009. Co-presentation with Joanne M. Spahn, MS, RD, FADA.
- "What Really Works? Evidence-based Diabetes Counseling," American Dietetic Association Webinar, 2009. Co-presentation with Margaret Powers, PhD, RD, CDE.
- "Our Bodies, Our Selves: How to Discuss (or Not!) Our Size with Clients" American Dietetic Association Convention, 2006.
- "The Therapist-Nutritionist Relationship in Addressing Compulsive Exercise" Renfrew Conference, 2006, Co-presentation with Suzanne Girard-Eberle, MS, RD.
- "You Can't Make Me Eat!": Working with Resistant Clients," Sports and Cardiovascular Dietitians Annual Symposium, 2006.
- "Behavioral Therapy in the Treatment of Eating Disorders," American Dietetic Association Convention, 2004.
- "Counseling Intensive for Nutrition Professionals," monthly, 2004 - 2021.