



Nutrition Counseling and Education Skill Development

By Kathleen D. Bauer, Doreen Liou, Carol A. Sokolik

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This book is a step-by-step guide to the fundamental skills of counseling strategies and protocol, complimented by action-based worksheets and practical case studies. The authors' provide a solid foundation of counseling and education principles, opportunities to practice new skills, and knowledge of evaluation methodologies.

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Editorial Review

About the Author

Kathleen D. Bauer, Ph.D., R.D., was the founder and has been the director of the Nutrition Counseling Clinic at Montclair State University for more than 10 years. She teaches both undergraduate and graduate nutrition counseling courses. Her applied nutrition counseling experiences extend to wellness programs, fitness centers, hospitals, nursing homes and private practice. A major area of interest has been the development of innovative nutrition education programs and materials for the general public and higher education. Bauer has been director of the dietetics program at Montclair State University for the past 14 years.

Doreen Liou, Ed.D., R.D., has been the director of the Didactic Program in Dietetics at Montclair State University for the past ten years. She teaches both undergraduate and graduate courses in nutrition education and social marketing. Her research interests encompass qualitative and quantitative methods in addressing chronic disease risk and the applications of social psychological theories in minority population groups. Her nutrition education experiences extend to a variety of academic, community, and clinical settings.

Carol A. Sokolik, M.S., R.D., was a founder and is currently the director of the Applied Professional Practice Program at Montclair State University. A dietetic consultant to several nursing homes in northern New Jersey, she has applied her nutrition counseling skills in a variety of settings including physicians' offices, nursing homes, and clinical settings.

Users Review

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