

Chapter 1 Review Questions and Answers

1. Define nutrition counseling and nutrition education.

Answer:

Nutrition counseling is the process of guiding a client toward a healthy nutrition lifestyle by meeting nutritional needs and solving problems that are barriers to change.

Nutrition education includes any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and wellbeing.

2. Name and explain the seven qualities of counselors considered to be the most influential by leading authorities as identified by Okun.

Answer:

(1) Knowledge: Nutrition counselors need to be knowledgeable of a vast array of subjects in the biological and social sciences as well as have an ability to apply principles in the culinary arts.

(2) Self-awareness: Counselors who possess self-awareness are aware of their own beliefs, respond from an internal set of values, and as a result have a clear sense of priorities.

(3) Ethical integrity: Effective counselors interact with clients indicating that they value the dignity and worth of all people.

(4) Congruence: Counselors demonstrate congruence by behaving in such a way that indicates harmony between who the counselor is and what the counselor says, and there is consistency in verbal and nonverbal behaviors as well.

(5) Honesty: Honest counselors appear authentic, genuine, and sincere. Feedback and advice are given indicating a sincere concern for the welfare of their clients not because of a need for the counselor to show dominance.

(6) Ability to communicate: Clinicians must be able to communicate factual information and a sincere regard for their clients.

(7) Gender and culture awareness: Effective counselors have an understanding of how gender and culture influences thinking and behavior and respect the values that arise from their clients' cultural orientations.

3. Explain how taking on the role of helper improves the self-image of the helper.

Answer:

The helper's self-image is strengthened from the awareness that "I must be OK if I can help others in need." Also, as the helper becomes involved in the perceptual world of others, their own issues diminish.

4. Identify and explain how seeking to fulfill two basic needs of counselors through a counseling relationship can be detrimental to the relationship.

Answer:

If a counselor has a need to express power and influence over others, they will tend to be dictatorial, overly silent, and less likely to be open to listening to their clients. As a result, counselors will expect clients to obey without question. Also, a counselor who is particularly needy for approval and acceptance will unduly fear rejection. As a result, such a counselor is likely to gloss over and hide difficult issues and not provide an environment for clients to learn new management skills.

5. Why is it important for counselors to understand their worldviews to achieve cultural sensitivity?

Answer:

Worldviews provide basic assumptions about the nature of reality influencing conscious and unconscious thoughts and leading the way for the development of cultural values which provide the principles or standards that members of a cultural group share in common. By understanding their own worldview, counselors can be aware of their own biases and can be sensitive to the emphasis clients place on their own beliefs, values, and cultural practices.

6. What can a counselor do to alleviate the negative impact of the counseling process itself?

Answer:

The act of seeking and receiving help can create feelings of vulnerability and incompetence. To help alleviate the negative impact, the motive for help and the nature of the helping process as perceived by the counselor should be made clear to clients.

7. Name and explain the two phases of the helping relationship.

Answer:

The emphasis of the first phase is building a relationship requiring the development of rapport, an ability to show empathy, and the formation of a trusting relationship. The goals of this phase are to learn about the nature of the problems from the client's viewpoint, explore strengths, and promote self-exploration.

The focus of the second phase of the counseling process is to help clients identify specific behaviors to alter and to design realistic behavior change strategies to facilitate positive action.

8. Why is indicating to a client that everything will be fine unlikely to be productive? What is a more useful approach?

Answer:

Indicating that everything will be fine is not likely to be productive if there is no basis for reality. The comment is likely to belittle the client's feelings. Such comments can indicate superiority and can create negative feelings. Effective counselors provide reassurance through clarifying their roles in the counseling process, identifying possible solutions, and explaining the counseling program.

9. Identify three issues for novice counselors.

Answer:

(1) Confidence: Novice counselor may feel inadequate be reluctant to handle controversial nutrition issues, sometimes giving only partial answers and ignoring critical questions.

Confidence in ability will increase with experience.

(2) Assuming the role of expert: An authority figure is impressive and appears to have all the answers. Clients blindly accept the direction of the "guru," but little work is done to determine how to make the lifestyle changes work for them.

(3) Assuming the role empathizer: the empathizer puts so much effort into focusing on client problems that the client receives little direction or information.

Combining the two roles can contribute to an effective intervention, but a single approach is likely to hamper progress.