



NUTRITION, COMMUNICATION AND COUNSELING (CLN-342) 1437-1438H

A- COURSE INFORMATION:

Course Code	Course Title	Credit Units			Study Level	Pre-requisites
		Total	Theory	Practical		
CLN-342	Nutrition, Communication and Counseling	3	2	1	6th	None
Course Coordinator		Extension		Email Address		
DR. SAMEENA SULTAN		-		Ssultan@taibahu.edu.sa		

B- COURSE DESCRIPTION:

This course involves the principals of medical psychology and skills of behavior modifications and therapeutic relation. The course covers communications, counseling, interviewing, motivating clients, working for behavior changes, delivering oral presentations and using media in presentations

C- COURSE OBJECTIVES:

1. To Identify key personality traits related to health / disease.
2. Understand the disease in its triple dimension, biological, psychological and social,
3. Describe the contribution of psychosocial factors in disease process and the possibility to address them, via counseling.
4. Discuss the theories of communication and barriers to communication
5. Explain various theoretical perspectives on nutrition and health-related behavioral changes
6. Discuss the art of listening and theories of counseling
7. Define the principles of the relationship between counselors and clients
8. Apply Counseling skills and Behaviour modification methods to different age groups

D- THEORY TOPICS:

Week	Theory Topic	Hours
1	Introduction to medical psychology: Psychological reactions of the patient and family to illness	2
2	Common personality types, Abnormal Behavior (Neurosis & psychosis)	2
3	Origin of food habits and behavior	2
4	Communication skills	2
5	Interviewing – nutrition interview	2
6	Person centered counseling	2
7	Using theories and models	2
8	Non-directive counseling. Motivation – motivation interview	2



9	The health believe model. Directive counseling	2
10	Stages and processes of health behavior change	2
11	Counseling for behavior change	2
12	Counseling through the lifespan	2
13	Principal and theories of learning	2
14	Using media for effective oral presentation	2
15	Group facilitation and dynamics	2

E- PRACTICAL SESSIONS:		
Week	Practical Session	Hours
1.	Introduction to Role Play Method of Psychotherapy <ul style="list-style-type: none"> • Key Features of Role Play Method • Learning Domains in Psychotherapy • Role Play Method in Medical Education • Role Play as Simulation Methodology 	3
2.	<ul style="list-style-type: none"> • Intrapersonal Communication (Self Talk) • Use of Positive Self Talk to Enhance the Interpersonal Communication among Dietetic Professionals • Concept of Active Listening • Key Elements of Active Listening • Helping Patients to Listen Effectively During Counseling Sessions 	3
3.	Concept of Nutritional Counseling <ul style="list-style-type: none"> • Purpose of Nutritional Counseling • Objectives of Nutritional Counseling Three Steps of Counseling Strategies <ul style="list-style-type: none"> • Open ended Questions • Affirming • Education Critical Thinking <ul style="list-style-type: none"> • Steps in Critical Thinking • Critical Thinking Applied to Nutrition Counseling Situation Stages of Change for Behavior Modification <ul style="list-style-type: none"> • Goals for each stage of change • Counseling Strategy for Each Stage of Change • Recommended questions for each stage of change Concept of Rapport Building in Nutritional Counseling Key Features of Motivational Interviewing	3
4.	Discussion of Nutritional Counseling Cases	3



5.	Discussion on Cases Based on Community Based Nutrition Behavior Change Communication	3
6.	Role Play Activities Performed by the Students in the Lab	3 × 5 = 15 3 Hours sessions in 5 Weeks

F- ASSESSMENT TASKS:

#	Type of assessment task	Week	Total Grades
1	First Quiz	Week 5th	10%
2	Midterm examination (written)	Week 6th	20%
3	Periodical Practical Exam	Week 8th	10%
4	Final practical exam	Week 16	20%
5	Final written examination	Week 17-18	40%

G- LEARNING RESOURCES:

1- Required textbook:

Betsy B. Holli , Julie O’Sullivan Maillet , Judith A. Beto and Richard J. Calabrese; (2009), *Communication and Education Skills for Dietetics Professionals*, fifth edition. Lippincott Williams & Wilkins at 530 Walnut Street, Philadelphia

2- Essential references:

Kathleen D. Bauer, Doreen Liou, Carol A. Sokolik (2012); *Nutrition Counseling and Education Skill Development*, Second Edition, Wadsworth, Cengage Learning, 20 Davis Drive Belmont, CA 94002-3098 USA. ISBN-13: 978-0-8400-6415-8.

Notes:

- Continuous assessment methods may include quizzes, midterm exam and periodical practical exam based on Nutritional Counseling - MCQs and/or Counseling Cases
- Practical exam will be based on counseling strategies for specific cases.
- Written exams will include multiple-choice questions (MCQ), short essay questions, and long essay questions.