

Summary

Pilot Online Nutrition Learning Opportunity

Promoting Person Centered Approaches
& a Participatory Facilitation Attitude
Among Dietetic Professionals



An online learning opportunity for dietetic professional was piloted between October and November 2015. The pilot included five, 90-minute online learning sessions and provided 7.5 level 2 Continuing Professional Education Units (CPEUs). It was designed to weave several counselling approaches and participatory facilitation methods together. The learning sessions introduced professionally relevant person centered approaches and a participatory facilitation attitude to dietetic professionals. The pilot was developed for dietetic professionals interested in learning in a practical on-line environment together, and sharing what works.

This summary reflects the spirit and intended outcome for the pilot, which is expressed in one participant comment.

I found the online methods used very effective. I also really liked the pace, that it wasn't rushed, and how it worked to involve everyone during the seminar.

Title: Promoting Person Centered Approaches & a Participatory Facilitation Attitude among Dietetic Professionals

Dates: 10/19, 10/26, 11/2, 11/9, 11/23

Time: 12:-00-1:30pm (pacific)

CPEU: Approved for 7.5 CPEUs (level 2)

Registration: Required Online



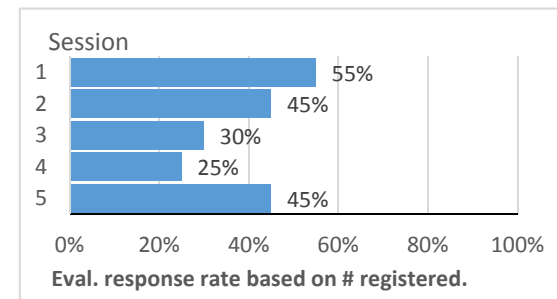
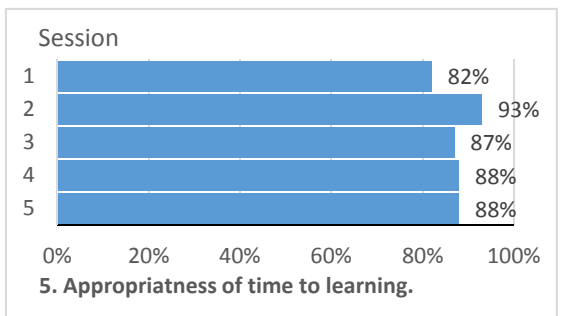
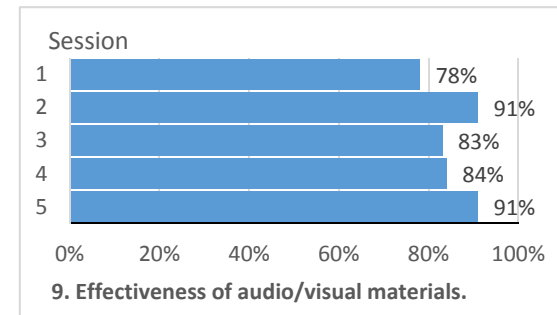
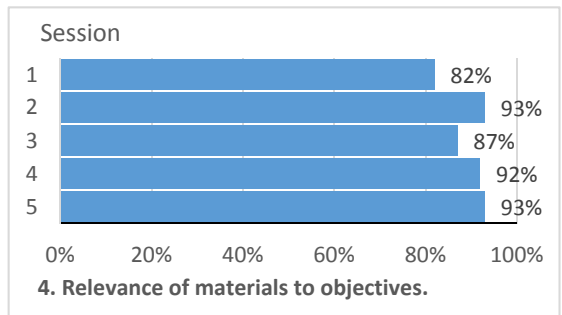
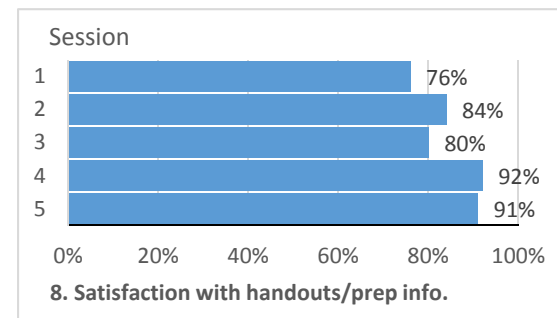
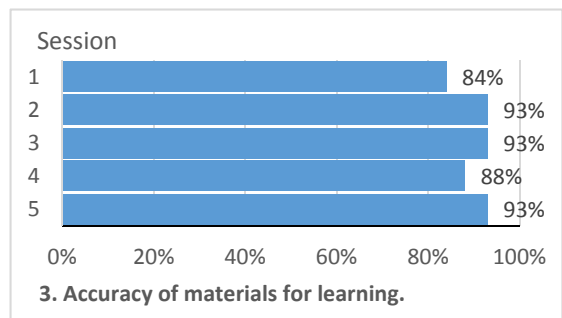
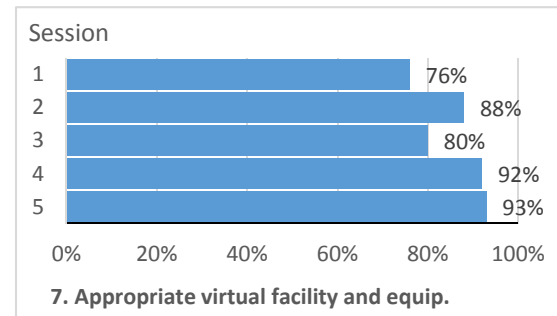
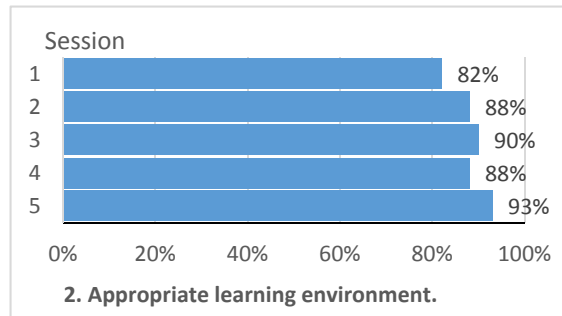
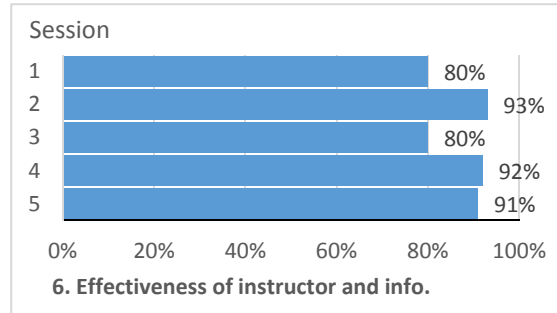
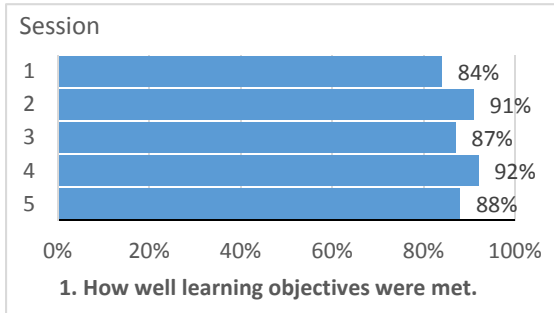
Objectives Overall:

- Develop a fundamental knowledge of person centered approaches relevant to nutrition counseling.
- Recognize similarities in person centered approaches used in counseling and a participatory attitude used in facilitation.
- Experience person centered and participatory processes, which necessitate listening, being heard, reflection and new understanding.
- Internalize basic skills used in person centered counseling and participatory facilitation by fostering trust, empathic awareness, engagement and a partnership attitude to support positive change.

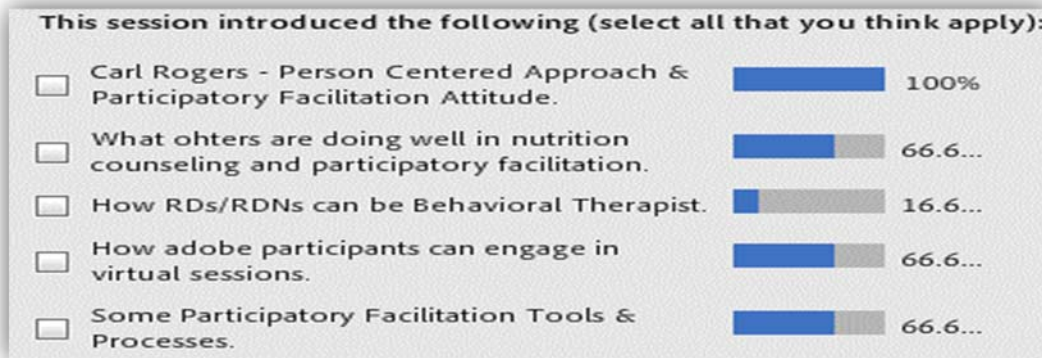
The agenda below was used in each 90-minute session. Structure and flexibility were incorporated by using a bubble agenda format. The developed group agreements below served as ground rules. Along with a joining and grounding activity, the start of each session included a review of the agreements and a check to see if further things needed to be added.



Summary of Post Session Evaluations



Session poll: ***Clarification provided, material presented was not intended to suggest how RDs/RDNs can be BH Therapist.*



End of session feedback:

What went well (Plus)	What would you change (Delta)
<ul style="list-style-type: none"> o Technology somewhat supported us today o Session well organized o Presenter did great job! (Loved that you "visually" described things with words and had us do BREATHING :) 	<ul style="list-style-type: none"> o No internet monkey (not having connection dropped) o Maybe ask what is not working (re: nutrition counseling & participatory facilitation) o Might have to get us out of our comfort zone - I loved that I could "Chat" with my keyboard and it was more of a challenge to speak in the "hot seat"

Post evaluation results:

1. How well the stated learning objectives were met = 84%
2. How appropriate online learning environment was favorable to learning = 82%
3. How accurate were program materials = 84%
4. How relevant were materials and did they contribute to the achievement of the learning objectives = 82%
5. How appropriate was time allotted to the learning activity/activities = 82%
6. How effective was manner in which the instructor/s provided information = 80%
7. How appropriate was virtual meeting facility and/or technological equipment = 76%
8. How satisfactory were handout and advance preparation materials = 76%
9. How effective were audio and visual materials used = 78%

***response rate = 55% of those who registered*

Session 2

Objectives:

- Introduce Motivational Interviewing (MI) as a recognized counseling method that gives direction to prompt and strengthens motivation to change.
- Discuss MI as a person centered counseling method and participatory facilitation tool.
- Include promoting and supporting leaning with activities that involve participants.

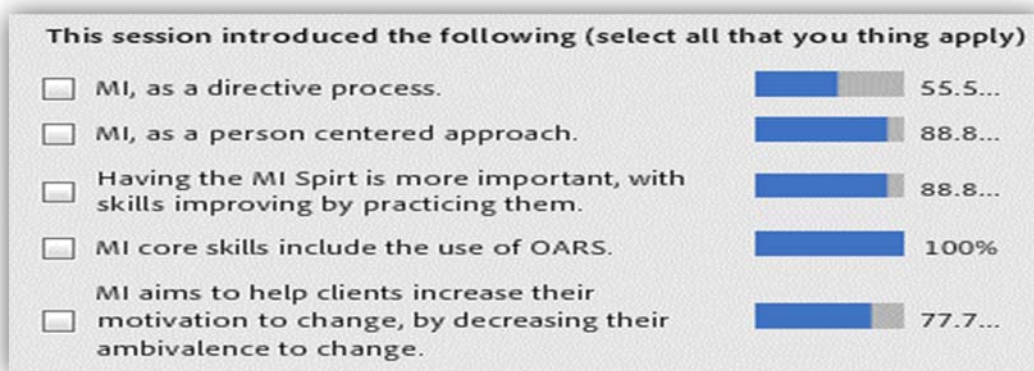
Quote shared - William Miller, PhD and Stephen Rollnick, PhD:

The proper question is not, "Why isn't this person motivated" but rather "For what is this person motivated".

Presented material on person centered aspects of Motivational Interviewing applicable to nutrition counseling and a participatory facilitation attitude included:

- Strives to find the middle ground between guiding, instructing and listening.
- Embraces a spirit of acceptance, evoking, compassion and collaborating.
- Incorporates core concepts, open-ended questions, affirmations, reflections and summaries (OARS).
- Incorporates listening for and reinforcing change talk to help individuals to move from status quo to taking action and in maintaining action or in addressing setbacks.
- Understands and recognizes the stages of change.

*Session poll: **Clarified that material presented intended to introduce all options listed in poll.*



End of session feedback:

What went well (Plus)	What would you change (Delta)
<ul style="list-style-type: none"> ○ Great examples throughout the session ○ Loved the examples of how people are using the techniques we are discussing. ○ Love the real life stories, really puts this tool into perspective ○ Enjoyed hearing everyone's examples, and hearing how the techniques are used in various ways. Very helpful! ○ Liked hearing about examples where MI has been used. ○ Having more individual participants to allow people to share their ideas more readily, and put a voice to the names 	<ul style="list-style-type: none"> ○ An impromptu role play ○ More real life examples from RDs

Post evaluation results:

1. How well the stated learning objectives were met = 91%
2. How appropriate online learning environment was favorable to learning = 88%

3. How accurate were program materials = 93%
4. How relevant were materials and did they contribute to the achievement of the learning objectives = 93%
5. How appropriate was time allotted to the learning activity/activities = 93%
6. How effective was manner in which the instructor/s provided information = 93%
7. How appropriate was virtual meeting facility and/or technological equipment = 88%
8. How satisfactory were handout and advance preparation materials = 84%
9. How effective were audio and visual materials used = 91%

***response rate = 45% of those registered*

Session 3

Objectives

- Introduce Cognitive Based Therapy (CBT) as a recognized counseling method that helps clients respond to challenges more clearly and learn to better manage stressors.
- Discuss CBT as a person centered counseling method and participatory facilitation tools.
- Include promoting and supporting leaning with activities that involve participants.

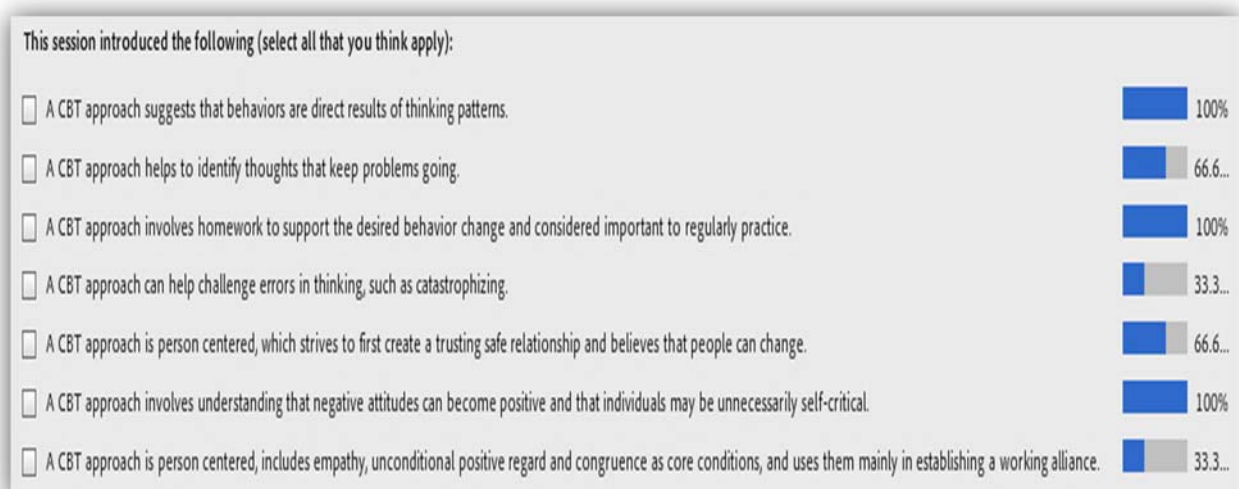
Quote shared - Arron Beck, MD:

“Cognitive therapy seeks to alleviate psychological stresses by correcting faulty conceptions and self-signals. By correcting erroneous beliefs we can lower excessive reactions”.

Presented material on person centered aspects of Cognitive Behavioral Therapy applicable to nutrition counseling and a participatory facilitation attitude included:

- Applies strategies, skills and theory principles.
- Strives to change and replace unhelpful thinking associated with what an individual thinks, feels and actions taken.
- Includes a model that addresses thoughts, feelings, behaviors and physical symptoms.
- Incorporates challenging and replacing unhelpful thoughts to support behavior change.

*Session poll: **Clarified that material presented intended to introduce all options listed in poll.*



End of session feedback:

What went well (Plus)	What would you change (Delta)
<ul style="list-style-type: none">○ Participated more○ Group participation was great!○ Agree, I liked that there was more participation.○ Group discussion was great!○ Liked the mini case studies we talked through.○ Accommodating late login and smooth transition into the rest of the webinar	<ul style="list-style-type: none">○ Think this was the best so far - cannot wait for next week○ BIG shoes to fill - lols

Post evaluation:

1. How well the stated learning objectives were met = 87%
2. How appropriate online learning environment was favorable to learning = 90%
3. How accurate were program materials = 93%
4. How relevant were materials and did they contribute to the achievement of the learning objectives = 87%
5. How appropriate was time allotted to the learning activity/activities = 87%
6. How effective was manner in which the instructor/s provided information = 80%
7. How appropriate was virtual meeting facility and/or technological equipment = 80%
8. How satisfactory were handout and advance preparation materials = 80%
9. How effective were audio and visual materials used = 83%

***response rate = 30% of those registered*

Session 4

Objectives:

- Introduce Focusing as recognized counseling method that assists with inner awareness of mind-body connection and being equipped to make positive changes.
- Discuss Focusing as a person centered counseling method and participatory facilitation tools.
- Include promoting and supporting leaning with activities that involve participants.

Quote shared - Eugene Gendlin, PhD:

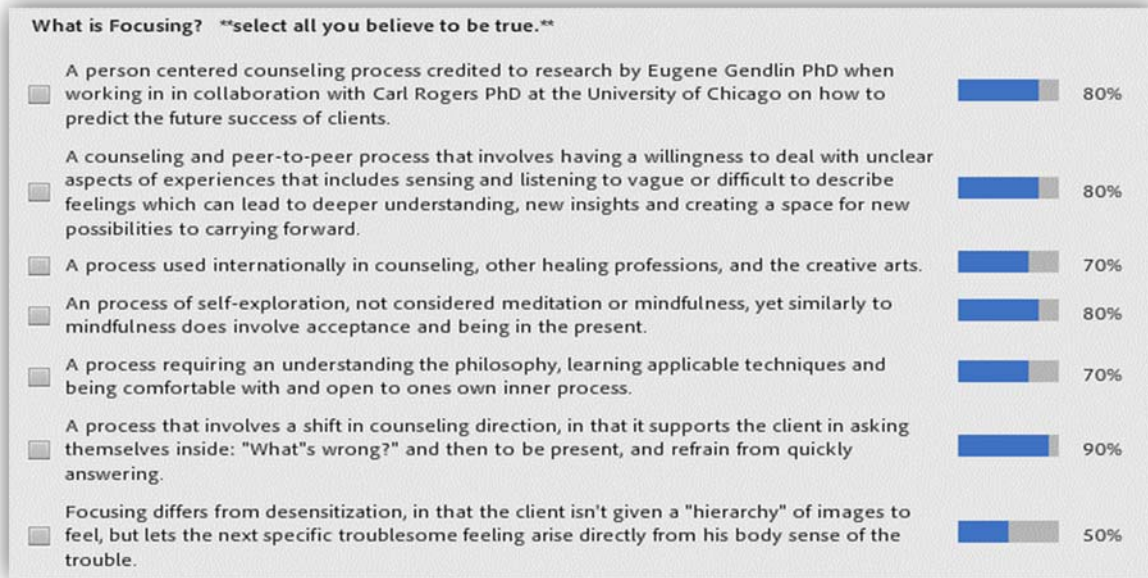
“What is true is already so. Owning up to it doesn’t make it worse. Not being open about it doesn’t make it go away. And because it’s true it is what is there to be interacted with....People can stand what is true for they are already enduring it”.

Presented material summary on person centered aspects of Focusing Oriented Therapy applicable to nutrition counseling and a participatory facilitation attitude included:

- Involves treating others with respect, as a whole and competent person.
- Strives to support connecting in more satisfying ways with self and others.
- Promotes positive change and forward movement through checking inside for a whole bodily felt sense of an issue.
- Demands being in touch with self and finding creative ways to point others toward themselves.

- Involves listening so others experience being heard and exactly understood.
- Incorporates finding little steps of change that come as individuals listen to their own felt sense of your situation by acknowledging, being with and having compassion.

Session poll: ***Clarified that material presented intended to introduce all options listed in poll.*



End of session feedback:

What went well (Plus)	What would you change (Delta)
<ul style="list-style-type: none"> o Loved the quasi role play and listen to everyone's feedback o The scenario was very helpful o I agree, I like examples of different scenarios that I can learn from. o The role play was very helpful! o What they said ^^^^ o I liked the scenario and thought you described it very well o I really like the discussion after the scenario. Hearing what simply stood out for everyone made me look at the scenario from a different perspective. o I like to hear other people's feedback 	<ul style="list-style-type: none"> o So far I think it was the best, so I am at a loss on this one o I know that I would love to have some "key" points on how to turn the conversation to that - example - someone just got DM diagnosis and they are showing emotion who do I begin.

Post evaluation:

1. How well the stated learning objectives were met = 92%
2. How appropriate online learning environment was favorable to learning = 88%
3. How accurate were program materials = 88%
4. How relevant were materials and did they contribute to the achievement of the learning objectives = 92%
5. How appropriate was time allotted to the learning activity/activities = 88%
6. How effective was manner in which the instructor/s provided information = 92%

Presented material on participatory facilitation attitude, skills and tools applicable to nutrition counseling and a group facilitation included:

- Attention on managing, guiding, and being focused on the process.
- Requires authentic attitude, striving to create trusting environment.
- Includes planning, assessing and designing or developing agenda and materials.
- Incorporates rational and experiential objectives, and knowledge of group development.
- Strives to be neutral on content, sides and outcomes.

Pre-session poll - What is Participatory Facilitation?

<input type="checkbox"/> A person centered (or group centered) approach that promotes experiential learning, deeper understanding and change. ■■■ 100%
<input type="checkbox"/> A person centered (or group centered) approach with the facilitator striving to learn along with individuals or groups while remaining neutral. ■■■ 100%
<input type="checkbox"/> An approach that strives to make things easier, which is not necessarily making thing easy. ■■■ 100%
<input type="checkbox"/> As in person centered counseling, it involves listening, reflecting, having others feel heard and voicing what matters. ■■■ 100%
<input type="checkbox"/> Applies an attitude and processes that support individuals and groups in discovering their own solutions. ■■■ 100%
<input type="checkbox"/> A person centered approach that involves being prepared, staying neutral, working to create trust and safe environment, managing process, guiding others, involving others, being flexible and centered. ■■■ 100%
<input type="checkbox"/> Associated with Carl Rogers person centered approach, and his belief that we cannot teach another person directly, and can only facilitation their learning. ■■■ 100%

End of session feedback

What went well (Plus)	What would you change (Delta)
<ul style="list-style-type: none"> ○ Group participation ○ Having everyone share their part of the conversation ○ I agree about the group participation ○ Such a positive experience with "participation" it really drove it home! ○ There was a lot more sharing this time! ○ Loved the participation. It helps to hear other points of view than my own! 	<ul style="list-style-type: none"> ○ Nothing

Post evaluation:

1. How well the stated learning objectives were met = 88%
2. How appropriate online learning environment was favorable to learning = 93%
3. How accurate were program materials = 93%
4. How relevant were materials and did they contribute to the achievement of the learning objectives = 93%
5. How appropriate was time allotted to the learning activity/activities = 88%
6. How effective was manner in which the instructor/s provided information = 91%
7. How appropriate was virtual meeting facility and/or technological equipment = 93%
8. How satisfactory were handout and advance preparation materials = 91%
9. How effective were audio and visual materials used = 91%

***response rate = 45% of those registered*