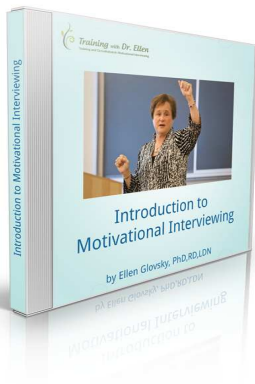


Training with Dr. Ellen

Motivational Interviewing and a “Non-Diet Approach to Dietary Behavior Change



\$35.00

- Use MI to enhance a “non-diet”, wellness approach with Motivational Interviewing techniques you can apply immediately
- 52 minutes of recorded instruction with topical resources
- Includes color, professional PowerPoint slides and handouts for use with clients

- ✓ Learn to utilize a mindfulness approach to eating following the body's hunger and satiety signals
- ✓ Learn the basics of Motivational Interviewing and its application to health behavior change counseling

MI is a powerful set of tools you can use to help your clients and patients be more motivated to succeed in their goal of better health. MI works beautifully with a “non-diet” approach and helps people feel empowered to improve their lives as they desire.



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