

The Non-Diet Approach for Dietitians: Self-paced online course



Health, Not Diets
TRAINING AND WORKSHOPS

The non-diet approach is the most helpful, least harmful method for dietitians to assist people with weight concern. It should be a part of every dietitian's skillset.

This course is designed to teach you about the Non-Diet Approach and weight-neutral dietetic practice. By the end of the course you will have demonstrated a nuanced understanding of how to apply the non-diet approach principles in your practice. It covers a lot of ground, from the evidence against weight centric approaches, to the evidence for weight-neutral approaches, from the philosophical underpinnings of Health at Every Size (R) to the application of practice principles in the Non-Diet Approach. Using the Non-Diet Approach is not easy, and requires an entirely different perspective from a traditional weight centric intervention.

The modules in this course are:

1. Introduction and Orientation
2. Weight Research and Weight Bias
3. The Health at Every Size movement
4. The Non-Diet Approach: Self Compassion and introduction to the Five Practice Principles
5. Principle 1: Accept and Embrace Body Cues
6. Principle 2: Accept and Embrace All Foods
7. Principle 3: Accept and Embrace Body Shape
8. Principle 4: Accept and Embrace Joyful Movement
9. Principle 5: Accept and Embrace Non-Diet Nutrition
10. Is the Non-Diet Approach evidence based practice?
11. The Non-Diet Approach and the Nutrition Care Process

This course is perfect for dietitians working in private practice, weight management clinics and hospital outpatient services. It is equivalent to Day 1 of our face-to-face workshops for dietitians.

Assessment: There are six pieces of written assessment; an essay, a reflection, two handouts, a descriptive report and a case study report. You don't have to complete the assessment unless you would like the certificate of completion in order to use this course as 'Professional Education - Assessed' for your CPD. The course will take about 30 hours to complete including assessment tasks. Completing the course also makes it easier for you to meet the criteria for a service listing with HAES Australia.

Registration \$195 AUD

Includes embedded copy of 'The Non-Diet Approach Guidebook for Dietitians' by Fiona Willer (2013)

Register at
www.healthnotdiets.com
(Online Training)

Please note: Given that this course does not assess your ability to use the non-diet approach it is not a licensing course and the information and assessment items are designed for educational purposes only. Any clients who you undertake this approach with need to be doing so willingly and have had the risks and benefits discussed with them. Instruction is provided for the informed consent process.

