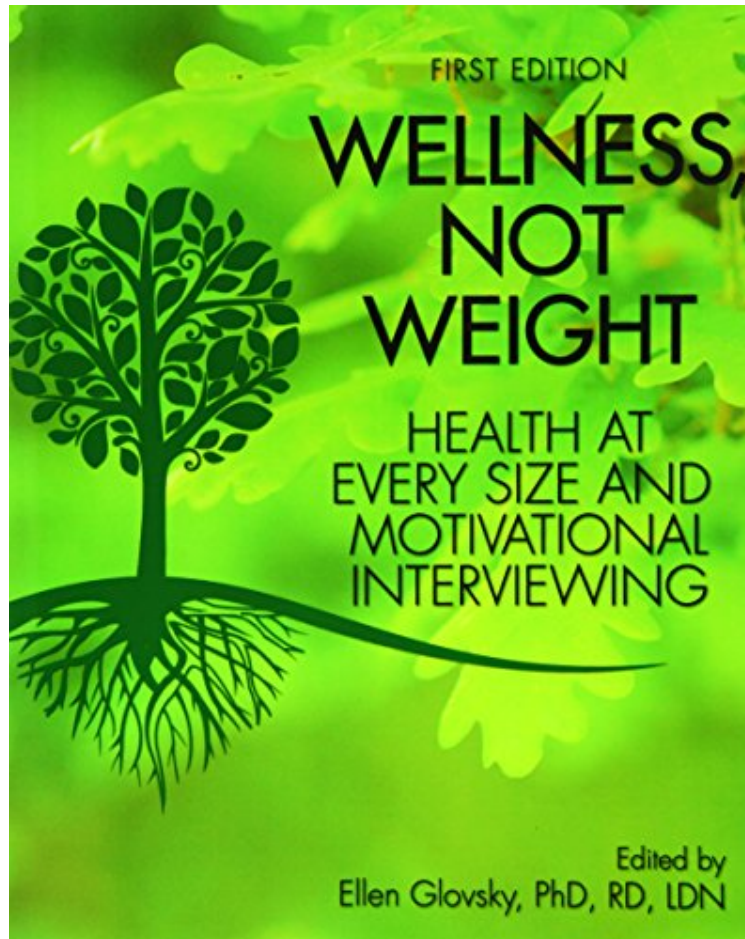


(Download free pdf) Wellness, Not Weight: Health at Every Size and Motivational Interviewing

Wellness, Not Weight: Health at Every Size and Motivational Interviewing

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From Cognella Academic Publishing : Wellness, Not Weight: Health at Every Size and Motivational Interviewing before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wellness, Not Weight: Health at Every Size and Motivational Interviewing:

6 of 6 people found the following review helpful. Excellent resource and positive approach to wellness By anne Wellness, Not Weight: Health at Every Size and Motivational Interviewing, edited by Ellen Glovsky PhD, RD, LDN, should be required reading for anyone who works with individuals who struggle with weight and eating. As those of us in the nutrition field well know, nutrition therapy which is focused mainly on instruction, often doesn't result in long term change for clients who suffer from any type of disordered eating, or anyone who focuses on achieving the "ideal body weight". The non-diet approach to wellness, which is presented throughout this book, is like a breath of fresh air for both the client and therapist or nutritionist, and such a more positive and welcome approach to

helping clients move themselves toward change. The patient-centered concept of Motivational Interviewing, in which the client chooses the timing, direction, and method of change is clearly illustrated throughout, with practical advice and examples. Although good MI skills clearly take time and practice to develop, the advice and examples presented in each chapter of this book provide an excellent starting point for anyone who wishes to partner with their client to help move them toward better health. Anne Danahy MS RD LDN³ of 3 people found the following review helpful. Excellent resource for learning the many aspects of the non-diet approach, Health At Any Size and Motivational Interviewing. By Sally Van Cise Wellness, Not Weight: Health At Every Size and Motivational Interviewing is a text for all dietitians and health professionals working in the weight loss field with functional and dysfunctional eaters as well as eating disorder clientele. This text is very appropriate for those interested in learning, better utilizing and/or instructing a course regarding the many aspects of the non-diet and Health At Every Size (HAES) approaches, including Motivational Interviewing (MI) techniques. An Eating Disorder (ED) colleague with whom I shared the chapter titles and authors, stated "You will be well educated if you read the entire book!" I believe this valuable text is unique as it is a collaboration of writings by 25 known experts in the multi-faceted arena of non-diet/HAES/MI (Molly Kellogg, Karen Koenig, Ellen Frankel, Jon Robison, Glenn Gaesser, etc.). The book's main premise is well stated through its title (Wellness not Weight: Health at Any Size and Motivational Interviewing), which proposes that it is more beneficial to guide the client, respecting their self-knowledge, working with them on their health, rather than instructing them on diets or weight loss. Through my 35+ years as an RD, influenced by Francie White MS RD and Ellyn Satter MS RD LCSW BCD, I have shifted from "giving" diets to helping clients "gift" themselves with a healthy lifestyle. As I reviewed this text, I found that it further broadened and deepened my knowledge, as well as enhanced my counseling skills. Although I do not always agree with HAES, I certainly focus on healthy lifestyle when counseling; as these authors indicate, "95% of all diets fail." I found the text very well and clearly organized, easy to read, presenting exactly the information proposed in the chapter headings. In her introduction, Ellen explains her rationale for creating this book, clarifies terms, and concludes briefly by describing the three parts of the book. These sections include: an overview of the three basic ideas (non-diet; HAES; MI); further discussion of each concept; practical applications of the information. As I read, I felt like I was attending a series of excellent seminars. I am pleased to now have, contained in one book, concepts and data that I can use when providing in-services to my colleagues (trying to shift their obesity stigmas!). As well, I found the tips, figures and resource links to be useful. Among the many topics: a comprehensive historical review of the non-diet approach; cultural influences regarding fatness; insightful discussions of studies that refute the obesity/health risk paradigm; working with athletes; feelings and food; competent eating. There is specific academic instruction, practical guidance and demonstrations using MI. Because I work with children, I really enjoyed Kathy Katers's chapter on promoting self-esteem instead of size. She includes useful figures such as "Ten Essential Lessons to Build Body Esteem in Children and Adults." I do strongly recommend this book, especially for entry- and mid-level EDD's, as well as any RD involved in client counseling. The seasoned EDD, accustomed to using non-diet, mindful eating, HAES and MI, may find this text a good review, with some updates. These EDD's will find this text a great educational tool for upcoming RD's, and other health professionals who work with their clients. I agree with Ellen's suggestion that part three of this text would also be useful for clients wishing to know more about the non-diet/HAES approaches and MI. Sally Van Cise MPH RD³ of 3 people found the following review helpful. Weight Management and Health. By Mary Ellen Glover's new book Wellness, Not Weight: Health at Every Size and Motivational Interviewing is an excellent guide in reviewing the concept of HAES, Healthy at Every Size. With today's emphasis on Body Mass Index (BMI) and weight management, this book is a refreshing discussion on what counts in life—HEALTH. The book is divided into three segments emphasizing a mindful "non-diet" approach to eating; weight, health, and culture: exposing the myth, exploring the realities, and the basics of motivational interviewing. Each of the 21 segments is written by an expert in the field and has an abundance of references. This book is an excellent choice for the health practitioner or student working in or with an interest in weight management. A lay person would also benefit from reading the book by understanding the controversies surrounding the current paradigm of weight management.

Wellness, Not Weight: Health at Every Size and Motivational Interviewing, brings a new, well rounded perspective to issues of weight, health and helping people change behavior. While many texts in the areas of health sciences and nutrition discuss specific, singular approaches to weight loss, this book is the first to address Health at Every Size (HAES), Motivational Interviewing (MI), and a non-diet, wellness approach to managing health and weight within one comprehensive text. The book is divided into three parts. Part One explores the three basic concepts of the book, the argument for a focus on wellness rather than body weight, the Health at Every Size paradigm, and Motivational Interviewing. Part Two provides more detailed background information for professionals and academics. It presents the science behind the approaches. Included articles offer clear, cogent explanations of potential risks and failures in a weight-centered approach to health, as well as discussions of the risks of a weight centered approach, including disordered eating and body image issues. This section of the book also provides information on how rigid attachment

to dietary guidelines can be harmful to consumers, with a special exploration of the dangers posed to children. Part Two ends with articles exploring the need for size acceptance, teaching the concept of Health at Every Size, and the importance of teaching Health at Every Size ideas in the training of health care professionals. Part Three of the book helps health care professionals communicate a non-diet approach to clients and patients, as well as a discussion of the use of Motivational Interviewing techniques with a non-diet approach. Moving away from traditional approaches to weight loss, the included chapters discuss mindful eating, the eating competence model, practical steps for improving health, and non-dieting and spirituality. *Wellness, Not Weight: Health at Every Size and Motivational Interviewing* speaks to the emerging movement emphasizing wellness, not weight. Written with passion and insight, the book encourages people to nourish and exercise their bodies in healthy, loving and joyous ways. This book can be used in Health Sciences, Nutrition and Food Science, and Public Health courses. It is also useful for courses in Sociology, Psychology, and Women's Studies. Ellen Glovsky, Ph.D, RD, LDN is a Registered Dietitian and a member of the teaching faculty at Northeastern University in Boston, MA. Dr. Glovsky conducts workshops and consultations on Motivational Interviewing (MI) for a variety of organizations around the US. She is a member of the Motivational Interviewing Network of Trainers (MINT), the international professional organization of MI practitioners and trainers. Dr. Glovsky maintains a private practice in which she offers treatment for eating disorders and weight management.