

Discussion Board Examples

From Brittany Johnson, Family and Consumer Sciences, PLNU

For your initial post, review the case study below then respond to the client's statements if you are sitting in front of the client in a counseling session.

Challenging Your Expertise Case Study

Jean Young is a 36-year-old woman 5' 3 tall and 250 pounds who comes to the outpatient community education department seeking dietary information. She states that she is currently on a —modified Atkins diet found in a magazine and thinks she is —very knowledgeable about nutrition. However, she comes to the dietitian wanting more information on ways to increase her daily intake of vitamins and minerals that she may not be getting since starting on the diet. So far she has lost 15 pounds in 4 weeks. She wants to stay on Atkins. Jean drinks about 4 cups of coffee in the morning using heavy whipping cream instead of coffee creamer. She grabs a handful of nuts (walnuts, almonds, or filberts), a commercial high protein bar, and a sugar-free berry drink before heading to work. For a snack she has another high protein bar and cup of coffee with heavy whipping cream. For lunch she has either a chef salad with oil and vinegar from a nearby café or eats food brought from home, such as melted cheese over a 3-6 ounce beef patty or chicken breast depending on how hungry she is. For dessert, she will have four one-ounce portions of a carbohydrate-free cheesecake. At 2:30 pm she has another handful of nuts, a high protein bar, and hot or iced tea. She may stop at the grocery store on the way home to stock up on frozen or fresh vegetables, ground beef, chicken breasts, cheese, and diet soda. She may stop at a fast food burger place if she decides not to make dinner and picks up 4 inexpensive bacon cheeseburgers where she only eats the patty and cheese. Before bed, she snacks on baby carrots or celery. She only goes for a 10 minute walk during her lunch break.

How you might handle the client's statements? Reply using the techniques you have learned this week from the lectures.

A: "I have been following my weight loss plan you provided and am happy."

B: "I have been working out each day. I also don't eat high sugar foods anymore."

C: "I don't believe you, I haven't noticed any changes."

D: "I think I, doing well now. I'm exercising, I have energy. I feel healthy and good about myself."

E: "You could be on my side and try to help me because you are a nutritionist. They'll listen to you. You can get them off my back."

Your initial post is due Tuesday.

For your second post, choose one of the following options:

- Identify common themes for how student counselors approached the statement using proper techniques from the lectures this week.
- Identify differences between student counselors responses and how one might be more appropriate than the other.

Your second reply is due Thursday.

INTUITIVE EATING BOOK CLUB DISCUSSION

Submit an initial post responding to the following questions regarding the chapter readings from Intuitive Eating.

Chapter 14

1. What does “a food attitude adjustment” mean to you?
2. How can you educate for a paradigm shift against the nutrient-obsessed culture?
3. How can you improve a healthy relationship with food for yourself and clients?
4. How will you avoid the “food pedestal”? (*I cannot even count how many times I am at social events people want to talk about nutrition and the food they are eating at the event or that they typically eat once they know I am a dietitian..You need to become prepared to respond...*)
5. How can you redirect/address the conversation to maintain the pleasure of eating during social events?? (pg. 216 if you need help)

Your initial post is due Thursday.

For the second post you can choose one of the following options (keep in mind, the second post should be substantial and include citations from Intuitive Eating *and* the textbook):

- Find 2 students who have the same perspectives as you and synthesize themes related to the course material- (e.g. counseling techniques and behavior change theories)

- Find 2 students who you do not agree with- convince them your perspective is more accurate using a theory you have learned in class (e.g. counseling techniques and behavior change theories)

Your second post is due Sunday.