

Free 1-Hour Continuing Education Webinar ♡ Thursday, December 12 at 2 pm ET

NEW YEAR, NEW ATTITUDES: Resolutions for Counseling Weight Management

Presented by Susan Burke March, RDN, LDN, CDE



New Year, New Attitudes—Resolutions for Counseling Weight Management

Date: Thursday, December 12, 2013

Time: 2-3 pm Eastern Time (EDT)

Convert to your time zone at: <http://www.timeanddate.com/worldclock/converter.html>

Noted expert Susan Burke March, RDN, LDN, CDE, will present a program to "counsel the counselors." She'll provide insights on evidence-based practices shown to help adults and adolescents adopt healthy weight behaviors, including developing good listening skills and assessing clients' motivation.

In addition to helping counselors adjust their own beliefs regarding weight management, Susan will cover some interesting developments in the "diet" industry and how to help clients locate and utilize available resources that will assist them in achieving their weight-related goals.

This webinar is approved for one hour of continuing education credit.

Learning Objectives

At the conclusion of this CE webinar, participating professionals should be able to:

1. List evidence-based components of comprehensive weight loss programs.
2. Define and discuss Motivational Interviewing techniques and their importance in behavioral change.
3. List and discuss the five dispositions that make an effective teacher.
4. List and discuss the top trends in weight loss programs
5. List and discuss two categories of electronic tools that the RD can utilize to support clients' weight loss goals.

Suggested CDR Learning Codes

5370, 6010, 6020, 6070

Joining the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1024554>.
2. Log in with the e-mail address you used during registration.
3. Unmute your computer speakers or mobile device if necessary.

This document provides the information you need to participate in the program. A PDF of the webinar slideshow and resources is available at http://ce.todaydietitian.com/Webinars_Supplements.

System Requirements

Operating System

PC-based attendees: Windows® 7, Vista, or XP

Macintosh®-based attendees: Mac OS® X 10.6+

Mobile attendees: Apple iOS 5.1+ or Android 2.2+

Internet Browser

Internet Explorer 7.0+, Firefox 4+, Safari 5+, or Google Chrome 10+

Media Playback

Adobe Flash Player 10.1+

Mobile attendees: Apple iOS or Android http streaming enabled browser

Audio

Audio must be streamed through computer speakers or mobile device.

Credit Claiming

You must complete a brief evaluation of the program in order to claim your credits and download your certificate. The evaluation will be available immediately following the presentation on ce.todaysdietitian.com. Evaluations must be submitted within 3 months of the live program (prior to March 12, 2014) in order to obtain credit.

Follow these instructions for claiming your CE credits:

1. Log on to www.ce.todaysdietitian.com.
2. Go to www.ce.todaysdietitian.com/WeightResolutions.
3. Click “Continue” on the webinar description page.
4. Select the Evaluation icon to complete and submit the evaluation.
5. Claim your credits, download and print your certificate.

Viewing in Groups

Webinars can be viewed in a group setting, but all individual attendees must have registered for the webinar in order to claim credits. Please have your group supervisor e-mail ce@gvpub.com or call 877-925-CELL (2355) for a Group Certification of Attendance Form. This form must be completed in order to confirm attendance.

Handouts

Visit the “[Webinars and Associated Materials](#)” section of our Reference Shelf for a copy of the slideshow PDF, resources, and other handouts. Handouts will also be available to download during the webinar in the live presentation viewer.

Contact

Call **877-925-CELL (2355)** Monday through Friday from 9:00 am to 5:00 pm Eastern or e-mail ce@gvpub.com with any questions about this webinar.