



Extending your nutritional skills with curiosity

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In this workshop we will concentrate on the effective use of nutritional skills in order to improve patients' compliance with nutritional requirements. The nutritional advice is not confined to eating disorders, but gives an insight in nutritional therapy within a number of psychiatric diagnoses as well.

Over the years, (too) much has been said and done regarding nutritional advice in the treatment of eating disorders. Sometimes accepted by the patients, sometimes not. In many cases it boils down to how the nutritional advice is packaged and by whom it is delivered. Unfortunately, it is not uncommon that patients are met by conflicting advice regarding what to eat and what to avoid in terms of food. How comes? One explanation could be that we – as carers and practitioners – feel the need to produce a quick answer to the sometimes elaborate questions put by our patients. In these situations it can be helpful to take a step backwards and show more curiosity towards the patient by asking more questions. In what way can we be more curious and show more interest in the patient? And how will both parts benefit from our curiosity?

When patients are overwhelmed by the demands in terms of adding or changing food items, the result is often a draw back and sometimes drop out. We then tend to describe the patient as “not motivated for treatment”. But that need not be the case. Our aim is to extend your skill concerning nutritional advice, regardless of profession. Another aim is preventing you from falling into the same pitfalls as so many of us have done before.

By trying to narrow the gap between research and clinical care, we will highlight some relevant situations as well as give you some cases and then discuss how they can best be handled, using nutritional therapy based on clinical research and profound experience. We also hope that participants will bring some of their own cases so that we can try to figure out how they best can be managed by a joint effort. See you there!