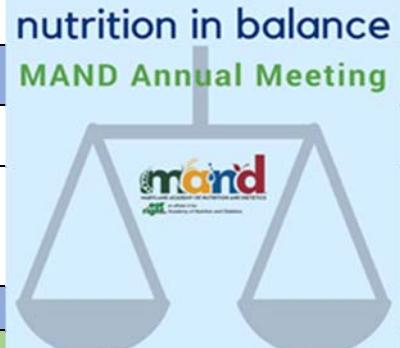


# MAND Annual Meeting Agenda: Monday, March 19, 2018

8:00 AM -4:30 PM	<b>Exhibits and Poster Displays</b> *1 CPE for each (total of 2)		
8:00-9:00 AM	<b>Registration and Continental Breakfast</b>		
9:00-9:15AM	<b>Welcome</b> Livleen Gill, MBA, RD, LDN, President, Maryland Academy of Nutrition and Dietetics		
9:15-10:15 AM	<b>Keynote Session – New Strategies for the Prevention and Management of Childhood Obesity</b> Dr. William Dietz, MD, PhD 1 CPE; Level II; **LNC: 4010, 4040, 5370; PI: 3.3.5, 8.3.6, 12.1.3		
10:15-10:45 AM	<b>Break: Exhibit and Poster Viewing</b>		
	<b>Concurrent Session I</b>		
	<b>Clinical Track</b>	<b>Public Health Track</b>	<b>Emerging Trends/Hot Topics</b>
10:45-11:45 AM	<i>Embracing Metabolic Surgery as a Treatment for Type 2 Diabetes</i> Laura Andromalos, MS, RD, CD, CDE 1 CPE; Level II; LNC: 5125, 5190, 9020 PI: 6.2.5; 8.1.5; 10.2.9	<i>At the Intersection of All the Senses: Understanding Food Related Pathologies on the Autism Spectrum</i> Janice Bailey-Goldschmidt, MS, RD, LDN 1 CPE; Level II; LNC: 3020, 4010, 5180 PI: 12.5, 8.8.1, 8.1.2, 4.1.5, 2.1.5	<i>Code of Ethics for the Dietetics Professional</i> Lisa Dierks, MFCS, RDN, LD 1 CPE; Level II; LNC: 1050, 1070 PI: 1.1-1.6, 11.3.3
11:45 AM-12:40 PM	<b>Lunch</b>		
12:40-1:10 PM	<b>MAND Lobbyist Update</b> 0.5 CPE; Level II; LNC: 1080; PI: 3.2.1, 3.2.6, 3.2.7		
	<b>Concurrent Session II</b>		
	<b>Clinical Track</b>	<b>Public Health Track</b>	<b>Emerging Trends/Hot Topics</b>
1:15-2:15 PM	<i>Dying to Be Skinny: Diabetes and Eating Disorders</i> Susan Weiner, MS, RDN, CDE, CDN 1 CPE; Level II; LNC: 5190, 5200, 6020 PI: 8.3.6, 9.6, 10.2	<i>Food Insecurity and Obesity: A Panel Discussion</i> Stacy Carroll, Hungry Harvest Carmen Del Guercio, MD Food Bank Tam Lynne Kelley, MD Hunger Solutions 1 CPE; Level II; LNC: 4010, 4070, 8010 PI: 7.2.3; 12.1.1, 12.1.3. 12.4	<i>Ditching DIET from DIETITIAN: Creating our future focused on well-being, not weight</i> Rebecca Scritchfield, MA, RDN, EP-C 1 CPE; Level II; LNC: 5200, 6010, 6020 PI: 4.2.7, 8.1.2, 8.1.5, 9.4.2
2:15-2:30 PM	<b>Break: Exhibit and Poster Viewing</b>		
	<b>Concurrent Session III</b>		
	<b>Clinical Track</b>	<b>Public Health Track</b>	<b>Emerging Trends/Hot Topics</b>
2:30-3:30 PM	<i>Consequences of Malnutrition in Obesity: Undernutrition Concurrent with Overnutrition</i> Leigh A. Frame, PhD, MHS 1 CPE; Level II; LNC: 2070, 2090, 5125 PI: 8.1.3, 8.3.6, 10.4.4	<i>Using mHealth (mobile health technology) to Communicate Nutritional Information and Treat Obesity</i> Lawrence J. Cheskin, MD, FACP, FTOS 1 CPE; Level II; LNC: 4010, 6020, 5370 PI: 3.3, 8.3.6, 9.6, 12.4	<i>Panel Discussion on Family and School-Based Interventions for Pediatric Obesity</i> Marla Caplon RD, LDN Emily Craft, RDN, CSP, LDN Shannon Robson, PhD, MPH, RD 1 CPE; Level II; LNC: 5070, 5370, 6010 PI: 2.1, 9.1, 9.1.3
3:30-3:45 PM	<b>Break: Exhibit and Poster Viewing</b>		
3:45-4:45 PM	<b>Closing Session - Yes, And! Theatrical Improvisation to Improve Professional Communication Skills</b> Sonja Stetzler, MA, RDN, CPC 1 CPE; Level II; LNC: 1120, 6070, 7200 PI: 2.1.5, 2.3, 3.2.2, 8.3.4		
4:45-5:00 PM	<b>Closing Remarks</b>		
5:00-7:00PM	<b>MAND Networking Reception, Awards Ceremony, and Annual Business Meeting</b> 1 CPE; Level II; LNC: 1070; PI: 3.1; 3.2.1		



\*A total of 8.5 CEUs are available assuming 1 hour each spent viewing posters and exhibits and attendance at evening reception.

\*\*Learning Needs Codes (LNCs) and Performance Indicators (PIs) are suggestions only. Please assign as you see fit according to your PDP.

# Speakers

## Welcome

Livleen Gill, MBA, RD, LDN



**Livleen Gill** is a Registered Dietitian with over 20 years of experience in the field of nutrition and has worked in various healthcare settings as both a Clinical and Food Service Manager. Presently, she is the Co-Owner of 3 Bethesda based firms which include a care coordination company that provides services for seniors aging at home, a multidisciplinary primary care and wellness company that provides services onsite, at the client's home and at Assisted Living Facilities. The third company provides healthcare providers billing and office management services. Livleen continues to work clinically in private and group settings specializing in weight management, diabetes, hypertension, and kidney disease. She has served as an expert witness in medical malpractice cases.

A sought-after speaker, Livleen has presented on reimbursement issues for the Weight Management DPG, Iowa Academy of nutrition and Dietetics, physician groups and MAND to name a few. Included in her presentations, she spoke on Essential Health Benefits at the Public Policy Workshop for AND, and has been a frequent panelist for senior services.

Livleen is an active volunteer in her community and professional organizations. To name just a few, she serves on the AND Nutrition Services Payment Committee, and is President of the Maryland Academy of Nutrition and Dietetics.

## Keynote Session

Dr. William Dietz, MD, PhD



**Dr. William Dietz** is the Chair of the Sumner M. Redstone Global Center for Prevention and Wellness at the Milken Institute School of Public Health at The George Washington University. From 1997-2012 he was the Director of the Division of Nutrition, Physical Activity, and Obesity in the Center for Chronic Disease Prevention and Health Promotion at the CDC. Prior to his appointment at the CDC, he was a professor of pediatrics at Tuft's University School of Medicine, and Director of Clinical Nutrition at the Floating Hospital of New England Medical Center Hospitals. He has been a councilor and past president of the American Society of Clinical Nutrition and past president of the North American Association for the study of obesity. Dr. Dietz served on the 1995 Dietary Guidelines Committee. In 1998, Dr. Dietz was elected to the Institute of Medicine of the National Academy of Sciences National Academy of Medicine. In 2002, he was made an honorary member of the American Dietetic Association, and received the Holroyd-Sherry award for his outstanding contributions to the field of children, adolescents and the media. In 2005 he received the George Bray Founders Award from the North America Association for the study of obesity. In 2006, he received the Nutrition Award from the American Association of Pediatrics for outstanding research related to nutrition of infants and children. He is the author of over 200 publications in the scientific literature, and the editor of five books, including Clinical Obesity in Adults and Children and Nutrition: What Every Parent Needs to Know.

## *Embracing Metabolic Surgery as a Treatment for Type 2 Diabetes*

Laura Andromalos, MS, RD, CD, CDE



**Laura Andromalos** has been working in bariatric surgery since 2009. She graduated from Cornell University with a BS in Nutritional Sciences, completed her dietetic internship at Mayo Clinic Florida, and received a MS in Health Communication from Boston University. In 2016, she became a Certified Diabetes Educator (CDE). She currently works in Seattle WA as a clinical dietitian at Virginia Mason Medical Center, a CDE Coach for Fit4D, and an outpatient dietitian for Northwest Weight Loss Surgery. Prior to moving to Seattle, she was the Bariatric Nutrition Manager at Brigham and Women's Hospital in Boston. She has received Level 1 and 2 Certificates in Adult Weight Management from the Commission on Dietetic Registration and was appointed as an item writer and reviewer for the Certified Specialist in Obesity and Weight Management (CSOWM) exam. She has presented at conferences around the world and has published articles in scientific journals and consumer-focused magazines. In 2014, she was awarded the Susan T. Borra Fellowship in Nutrition Communication. Her website is [LauraAndromalos.com](http://LauraAndromalos.com)

**Presentation Summary:** In this session, attendees will learn the pathophysiology of diabetes improvement and remission following metabolic surgery as well as practical applications for managing the health of their patients with diabetes before and after metabolic surgery.

**Learning Objectives:**

- Describe the mechanisms of diabetes improvement from metabolic surgery
- Implement nutrition protocols for preoperative and postoperative metabolic surgery patients
- Identify an appropriate candidate for metabolic surgery

## *At the Intersection of All the Senses: Understanding Food Related Pathologies on the Autism Spectrum*

Janice Bailey-Goldschmidt, MS, RD, LDN



**Janice Goldschmidt** has worked with individuals with autism for the last decade and has written and presented on her work in a wide range of professional formats, including the *Journal of the Academy of Nutrition and Dietetics*. She received her Master's in Nutrition from the University of Maryland – College Park where she initially developed *Active Engagement*, a program for teaching food skills to individuals with disabilities emphasizing choice and individualization. As Director of Nutrition Services at Community Support Services, Inc. (Gaithersburg, MD), she is responsible for the development and implementation of nutrition-related programs. In this capacity, she has continued to build on *Active Engagement* such that it now includes many differing contexts for guiding individuals with autism to independent food preparation skills. Alongside development of cooking capacity, her work is focused on efforts in support of the adult cohort, which is underserved in both autism research and practice. Likewise, she is interested in the identification, classification, and treatment of eating disorders on the spectrum. The American Association on Intellectual and Developmental Disabilities (AAIDD) will publish her first book entitled *Active Engagement: Cooking Skills for Adults with Intellectual and Developmental Disabilities* in the Spring of 2018.

**Presentation Summary:** This session will provide an introduction to the autism spectrum specifically for nutrition professionals, including background on what is currently understood about the nutritional status of this highly heterogeneous population. This presentation will highlight the fact that nutrition professionals and dietitians are well situated to address this underserved and at-risk population.

**Learning Objectives:**

- Outline some of the many ways that sensory abnormalities in autism are manifested in food-related behaviors
- Be able to offer concrete ways that nutrition professionals can serve individuals on the autism spectrum
- Be able to describe some of the abnormal eating patterns noted on the autism spectrum and their causes

## *Code of Ethics for the Nutrition and Dietetics Professional*

Lisa Dierks, MFCS, RDN, LD



**Lisa Dierks** served as a member of the Academy of Nutrition & Dietetics Ethics Committee from 2014-2017 and was the Chair of the committee from 2016-17. She is currently serving as the Chair for the AND Code of Ethics Revision Task Force. Our goal is to publish an update Code of Ethics by Summer 2018.

**Presentation Summary:** This session will use case studies to provide an understanding of ethical issues in nutrition and dietetics.

**Learning Objectives:**

- Define the functions of the Code of Ethics
- Describe the difference between ethical issues, business disputes and legal issues
- Use case studies to understand ethical issues in nutrition and dietetics

## *Dying to Be Skinny: Diabetes and Eating Disorders*

Susan Weiner, MS, RDN, CDE, CDN



**Susan Weiner** is the owner of Susan Weiner Nutrition, PLLC. She has been elected to serve as a Director, on the American Association of Diabetes Educators (AADE) Board of Directors beginning January, 2018. She was named the 2015 AADE Diabetes Educator of the Year and is the recipient of the 2016 Dare to Dream award from the Diabetes Research Institute Foundation. She was honored with the 2014 Distinguished Alumna Award from SUNY Oneonta and received the 2015 LifeChanger Award from Health Monitor Magazine. Susan is a well-respected national and international lecturer on a variety of topics related to nutrition and diabetes. Susan is the "Diabetes in Real Life" columnist for Endocrine Today. She is the co-author of "The Complete Diabetes Organizer" and "Diabetes: 365 Tips for Living Well. Susan served as the 2015-2016 editor for "On the Cutting Edge," for the Diabetes Care and Education group of AND. Susan is the 2017 co-chair of the Advanced Practice Communities of Interest of AADE. She is a medical advisor for several high-profile health websites, including Healthline.com.

**Presentation Summary:** This session will provide an overview of eating disorders in T1DM, recommendations for adapting eating disorder treatments to address T1DM-related needs, and the dietitian's role in the recovery process.

**Learning Objectives:**

- Participants will be able to identify warning signs of insulin restriction and other eating disorder symptoms in T1DM
- Participants will be able to lead the healthcare team on discussions of the prevalence of eating disorders in T1DM, medical risks, and treatment outcomes
- Participants will be able to explain how eating disorder treatments (psychological and nutritional) can be adapted for the patient with T1DM

## *Food Insecurity and Obesity: A Panel Discussion*

**Stacy Carroll, Hungry Harvest**

**Carmen Del Guercio, Maryland Food Bank**

**Tam Lynne Kelley, Maryland Hunger Solutions**



**Stacy Carroll** has spent the majority of her career consulting for the hospitality and consumer food industries. At Hungry Harvest, she serves as Director of Partnerships, working to connect organizations with impact opportunities for their member wellness and corporate social responsibility programs. Most notably, she forged a partnership in 2017 with the James Beard Foundation to guest educate at their Chef Action Network Boot Camps. Since 2015, Hungry Harvest has recovered and delivered 5 million pounds of surplus and imperfect produce, while donating and subsidizing over 600 thousand pounds more to support their food access model, *Produce in a SNAP*. Most recently Hungry Harvest has partnered with Wholesome Wave to develop a new program, HarvestRX that delivers farm to doorstep fresh produce serving low income medically dependent clients who have seen significant improvement in overall health, and a lower rate of hospital readmission



**Carmen Del Guercio** joined the Maryland Food Bank as President and CEO in December 2016 following a successful 29-year career in the banking industry. He came to the food bank from M&T Bank, where he worked in a variety of leadership roles since 1990. During his banking career, Del Guercio was recognized for his ability to build and lead large teams. In addition, Del Guercio has lent his time and expertise to the various organizations in the nonprofit sector. Since 2008, he has served as a board member of the Baltimore Urban Debate League, which aims to educate inner city middle and high school students. For 10 years he was a board member and chairman of Humanim, Inc., a nonprofit that provides workforce development services for adults with special needs. Del Guercio is also a former vice president and board member of the Baltimore County Club and board member of Downtown Partnership and Leadership Howard County.



**Tam Lynne Kelley**, LGSW has been a Senior Program Associate with Maryland Hunger Solutions for four years. This nonprofit works to improve public policies to better reduce hunger and poverty; to provide education about hunger and what works to reduce it; and to maximize participation in the state and federal nutrition programs. Tam Lynne has worked in social services and public health for over 15 years. She has worked with people experiencing homelessness, English language learners, and people who are HIV-positive. She received a B.A. in sociology from Franklin & Marshall College in Lancaster, Pennsylvania. She earned a Master of Social Work with a concentration in management and community organizing from the University of Maryland, Baltimore, and she is a Licensed Graduate Social Worker in the state of Maryland. In addition, she holds a Global Health Graduate Certificate from University of Maryland, Baltimore, which further fueled her passion for social justice and work that addresses the social determinants of health.

**Presentation Summary:** Food insecurity and hunger impact more than 600,000 Marylanders daily. Food insecurity increases the risk of becoming obese and developing diabetes, which, in turn, contribute to the negative cycle of food insecurity by impacting work productivity, mental health and learning ability. This panel discussion will explore the work of three hunger-fighting Maryland organizations, each with a different path to ending hunger through nutrition education, outreach, advocacy and the promotion of healthier foods.

### **Learning Objectives:**

- Articulate the impact of food insecurity in Maryland
- Understand the importance of a multi-layered approach to improving food access
- Evaluate professional approaches to address food insecurity within the dietetics profession

*Ditching DIET from DIETITIAN: Creating our future focused on well-being, not weight*  
Rebecca Scritchfield, MA, RDN, EP-C



**Rebecca Scritchfield** is a registered dietitian nutritionist, certified exercise physiologist, and author of the book, *Body Kindness*. Reviewed by the New York Times and Publisher's Weekly, *Body Kindness* inspires readers to find their "inner caregiver" to embrace meaningful changes focused on well-being and not weight. Rebecca has presented the anti-diet approach to dietitians, fitness professionals, and therapists throughout the country at National Conferences and State dietetic association meetings. In her mindfulness-based behavioral counseling practice, Rebecca helps clients change their habits through values-driven goals, self-compassion, and acceptance. Rebecca's nutrition philosophy is reflective of the need to cultivate both physical and mental health to optimize performance, disease management outcomes, and well-being. An advocate for ethical, evidence-based practice, Rebecca co-founded Dietitians for Body Confidence – a public website to offer a free place for helping professionals to learn about body positive, weight neutral research and practices. She was recognized by Today's Dietitian as a top 10 dietitian making a difference in the profession.

**Presentation Summary:** This session will help participants build the motivation and skills necessary for a successful career, including understanding the art and science of weight-neutral behavioral counseling, motivational interviewing, mindfulness, intuitive eating, and helping clients accomplish values-driven goals.

**Learning Objectives:**

- Contrast the weight normative and weight inclusive approaches to behavior change
- Describe the research evidence that demonstrates lack of efficacy of diets to improve physical or mental health
- Examine the roles of optimism, self-compassion, acceptance, and commitment in the process of forming new habits

*Consequences of Malnutrition in Obesity: Undernutrition Concurrent with Overnutrition*  
Leigh A. Frame, PhD, MHS



**Dr. Leigh Frame** earned a Bachelor of Science in Biochemistry with Distinction in the Major from Mary Baldwin College (now Mary Baldwin University) in Staunton, Virginia. Dr. Frame is a double graduate of the prestigious Johns Hopkins Bloomberg School of Public Health in Baltimore, Maryland, where she earned a Master of Health Science in Molecular Microbiology and Immunology and a Doctor of Philosophy in International Health: Human Nutrition. Dr. Frame has over a decade of experience in clinical research at the Johns Hopkins School of Medicine and School of Public Health—most of which at the Center for Bariatric Surgery. In her research, Dr. Frame brings nutrition and immunity together through clinical/translational research. She is especially interested in the role of vitamin D as an immune modulatory hormone particularly in skin, the primary site of vitamin D production and activation. Dr. Frame is also interested in the potential role of the skin microbiome in wound healing. Currently, Dr. Frame is the Program Director for the Integrative Medicine Program at the George Washington School of Medicine and Health Sciences. At George Washington, Dr. Frame is reestablishing her research and working to expand the Integrative Medicine Program, with emphasis on building the nutrition program.

**Presentation Summary:** Despite caloric density, the diet of patients prior to bariatric surgery is often of poor nutrition quality and does not meet recommended dietary guidelines for micronutrient intake, making this an at-risk population for micronutrient malnutrition.

**Learning Objectives:**

- For nutrition support health-care professionals (physicians, dietitians, pharmacists, physician assistants, and nurses) to recognize the significant burden of malnutrition in patients with obesity
- For these health-care professionals to be able to identify the key nutrients to assess and treat in the care of patients with obesity
- For these health-care professionals to distinguish the potential consequences and symptoms of the typical malnutrition seen in patients with obesity, which will facilitate in the diagnosis and care of these patients

## *Using mHealth (mobile health technology) to communicate nutritional information and treat obesity*

Lawrence J. Cheskin, MD, FACP, FTOS



**Lawrence J. Cheskin** is Associate Professor of Health, Behavior & Society at Johns Hopkins Bloomberg School of Public Health. He directs the Johns Hopkins Weight Management Center, a multidisciplinary clinical research and treatment program he founded. He is also Director of Clinical Research of the Global Obesity Prevention Center at Johns Hopkins. Dr. Cheskin's work is at the intersection of public health and clinical medicine: applying knowledge gained through rigorous clinical investigation to the community and beyond. His work has impacted the problem of obesity through innovative treatment paradigms disseminated through practice (as modeled by the Johns Hopkins Weight Management Center); through application of new treatment paradigms in community-based participatory research, particularly among the underserved in Baltimore, Maryland; and through mentoring of the next generation of public health and clinical scholars dedicated to obesity.

**Presentation Summary:** This session will provide an overview of the use of mobile and other technologies for the treatment of obesity. It will cover what has been learned through studies that used mHealth to communicate nutritional information and related behavioral strategies, to help treat obesity in Baltimore adults. It will also detail useful strategies to assist practitioners in fostering behavior change in our patients, relying on the principles of the science of behavior change.

### **Learning Objectives:**

- To inform listeners about the potential and outcomes when using technology for weight control interventions
- To educate listeners in ways to make messages to patients most effective

## *Family and School-Based Interventions for Pediatric Obesity*

Shannon Robson, PhD, MPH, RD

Emily Craft, RDN, CSP, LDN

Marla Caplon



**Shannon Robson**, PhD, MPH, RD is an Assistant Professor in the Department of Behavioral Health and Nutrition at the University of Delaware. She earned her doctorate in nutrition science at the University of Tennessee Knoxville and completed a post-doctoral fellowship in child behavior and nutrition at Cincinnati Children's Hospital Medical Center. Dr. Robson is a co-director of the Energy Balance and Nutrition Laboratory where her research is focused on enhancing the standard family-based obesity intervention through dietary changes and/or factors influencing energy intake in the home environment. She conducts both applied behavioral interventions and basic feeding research in laboratory settings. She also teaches two obesity courses to undergraduate students Overweight and Obesity Prevention and Management and Pediatric Overweight and Obesity. Dr. Robson is the current Vice Chairperson for the Academy's Committee for Public Health Community Nutrition and delegate for the Public Health Community Nutrition Practice Group. She also serves on the Research Committee for the Weight Management Dietetic Practice Group.



**Emily Craft** is a Registered Dietitian and In-Store Nutritionist with Giant Food. Prior to her time with Giant, Emily spent 4.5 years counseling thousands of children with obesity and adolescents undergoing weight loss surgery at Nemours/Alfred duPont Hospital for Children in Wilmington Delaware. Emily is the Director of the Pediatric Subunit of the Weight Management Dietetics Practice Group and the Communications Chair of the Maryland Academy of Nutrition and Dietetics, where she is lucky to work with some of the top RDs in the field. Emily has spoken nationally on the topics of pediatric weight management, nutrition counseling, and retail nutrition, and is passionate about helping customers integrate good nutrition seamlessly into their lives.

## *Family and School-Based Interventions for Pediatric Obesity*



Marla Caplon is a registered dietitian and graduate from the University of Maryland. For the past 29 years, she has been dedicated to eliminating hunger and promoting wellness for the 162,000 students in Montgomery County Public Schools. She is currently Director of Student Wellness Initiatives and was previously the Director for the Division of Food and Nutrition Services in MCPS. Her focus has been looking at the whole child as well as incorporating community, family, and other supports in partnership with the school environment.

**Presentation Summary:** This session will explore the rationale for and benefits of family-based behavioral weight management intervention and provide examples of effective family engagement strategies in the retail and school settings.

**Learning Objectives:**

- To describe the key components of a standard family-based behavioral weight management intervention
- To describe three strategies used in the retail setting to engage children and families in improving their nutrition
- To gain insight into school-based focus on nutrition

## *Closing Session: Yes, And! Theatrical Improvisation to Improve Professional Communication Skills*

[Sonja Stetzler, MA, RDN, CPC](#)



**Sonja Stetzler, MA, RDN, CPC** is the president and founder of Effective Connecting, providing executive coaching and communications-centered training for mid to senior level leaders within organizations. Realizing the key to success for most professionals is the ability to authentically communicate and connect with others, Sonja's programs teach clients communication tools that positively impact their success and bottom line. Her clientele has included individuals and organizations such as Microsoft, Duke Energy, Bank of America, Charlotte Radiology, Time Warner Cable, Carolinas Health Systems, Carolina Panthers and Delhaize America. Sonja is also a faculty member in the School of Communications at Queens University of Charlotte, North Carolina.

**Presentation Summary:** Based on improvisational theater techniques which rely on unscripted, spontaneous, and authentic interactions, this hands-on presentation strengthens skills to enable participants to increase empathy and become more effective communicators.

**Learning Objectives:**

- Describe and demonstrate three specific theatrical improvisation techniques and how they apply in workplace communications.
- Practice three improvisation techniques, and apply the techniques in simulated workplace scenarios.
- Increase acumen in dealing with ambiguity, change, and emotional situations

*Closing Session: Medical Improv: Boost Your Communication, Collaboration, and Comfort with Change*

Nicholas Frye, MS, LCPC, NCC



Nick Frye is a Licensed Clinical Professional Counselor and National Certified Counselor specializing in behavioral weight management, health behavior change, and mental health and addictions treatment. He received his Master's Degree in Counseling Psychology from Loyola University Maryland and is currently pursuing another Master's Degree in Health Promotion at Maryland University of Integrative Health with a completion date of Spring 2018. He develops behavior modification content for training programs, educational materials, and support tools for all divisions of Medifast, Inc. a nutrition and weight loss company based in Baltimore, MD. Nick has been in the behavioral health field for 10 years working in outpatient clinics, private practice, and community mental health centers before finding his true calling of helping others to lose weight and get healthy. He is a fervent comic book reader, avid yoga practitioner, and zealous thesaurus user.

**Presentation Summary:** This evidence-based strategy will help people take control of their own health, manage chronic conditions, and make significant lifestyle changes.

**Learning Objectives:**

- Recognize the importance of preparing patients for change
- Appreciate how clinician behavior and communication style affects patient motivation levels
- Demonstrate beginning proficiency in MI skills and demonstrate the spirit of MI

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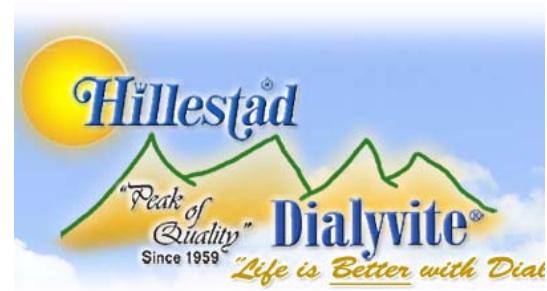
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