

“How to do non-diet”

You Count, Calories Don't

Redefining health using the non-diet approach and the empowerment model

Presented by Linda Omichinski, RD

Participants leave with a new focus plus innovative and skill building techniques for implementing the empowerment model that leads to more effective client service. Health professionals will be able to envision new roles for themselves and the client.

Here are the topics and issues that guarantee lively exchange — no two sessions are ever the same because of individual input.

Presentation puts the facilitative process into practice. See how it works.

Discover an expanded role for health professionals in lifestyle counseling

- How does didactic teaching compare to the facilitative process?
- How can clients move from consumers of health care services to partners in personal health care?

Take another look at present health measures

- What are some new measures of success to replace weight loss?
- What are the tools that can be used to focus on health and self-acceptance?
- Is weight management the way to go?

Discover the features and parameters of a genuine nondiet program?

- Understand the self-acceptance factor in lifestyle choice
- Distinguish between a true nondiet approach and a weight loss diet repackaged as healthy living
- Avoid giving the client “mixed messages”
- Learn how the facilitative approach will enable meaningful client exchange

Explore the issues of the empowerment model through real life examples

- How do you advise clients at health risk from lifestyle choices?
- How do you provide empowerment education for all medical conditions?

HUGS on Health

For the health professional

Independent, non-dieting lifestyle characterized by nourishing eating and activity patterns and self-acceptance

For the client

- Forget the scale, calorie counting, and fat gram levels.
- Learn how to tune into your body for the signals that mean enough and more.
- Discover individual patterns for food and activity levels that keep you energized.
- Find the strength to accept yourself just as you are and get on with life.

The HUGS approach endorses the “Health at any size” concepts

- A movement that meets people where they are in their health journey
- A celebration of seeking health enrichment without size or weight focus

What's the difference? Compare the parameters Authoritarian vs client friendly

Issues	Medical Model Diet	Empowerment Model Non-diet
Expectation	compliance	self-awareness
Method	behavior modification control	personal responsibility informed choice
Result	daily management	quality of life
Setback	failure	self-discovery process
Effect	immediacy	gradual change
Responsibility	health practitioners in control	individual in charge
Info Dissemination	filtered by health professionals' judgment on need to know	freely provided to facilitate choices
Success	external goals - weight loss	internal goals - feeling better, improved well-being

- A stand alone workshop or the Part 1 introduction to “Promoting Non-Diet”.
- Workshop length: 1-3 hours as a stand alone; 1 - 1.5 hours as the first part of the presentation.

“Get the word out about the alternative to dieting”

Promoting Non-Diet

Make sure that non-diet doesn't remain the best kept secret around!

This workshop equips you to use the HUGS model of change to promote non-diet in any situation: private practice, universities, hospitals, health care settings.

- Discover how to develop your personal slant to the non-diet message.
- What do you need to do to get people in your class?
- What kinds of organizations can help you to network and grow?
- What happens when you dwell on the closed door?
- Explore the difference between focus and tunnel vision.
- How can you overcome the all or nothing thinking that increases your stress levels?
- Gain the objectivity needed to recover from setbacks.
- Discover how to tame your scattershot efforts.
- How would you pace a health promotion awareness campaign?
- Appreciate the true art of active listening; understand how the client has the real answer.
- When is “no” the right answer?
- What does it take to get recognized as an expert?
- Discover how to meet your goals through enabling others.
- Understand why patience is necessary to sow the message.

Presented by Linda Omichinski, RD

- author of **You Count, Calories Don't** (first published in 1992, UK version, 1995; and revised Jan/99 with a new chapter on midlife issues), and co-author of **Tailoring Your Tastes** (concept cookbook first published in 1995)
- founder and president of her own company, HUGS International Inc (since 1987), developers and producers of nondiet resources
- developed and supplies three separate core programming/ resource streams to meet the needs of adults, teens and cooks (taste training and recipe analysis).
- guides and mentors the worldwide network of licensed health professional facilitators who deliver her programs in over 150 points from Alaska to New Zealand, Great Britain to California. This network has introduced thousands of defeated dieters to the freedom message of a nondiet approach to life.
- maintains a presence, voice and support for the nondiet movement through media appearances, speaking engagements, and International NoDiet Day / Health at any size activity coordination and website forums.

HUGS Empowerment Model of Change

Quality	Outcome
courage	knowing what you want
patience	enjoying the process
resourcefulness	identifying opportunity
generosity	creating win/win situations
systematic planning	setting goals in steps
integrity	networking
perseverance	hanging in there with an open mind
conservation	pacing yourself & going with the flow
flexibility	avoiding all or nothing thinking
honest analysis	learning from setbacks
regularity	achieving consistency
good listening	being open to complaints & criticisms
assertiveness	prioritizing & being prepared to say no

Comments about Linda's work...

“I saw you at the SCAN conference and I thought your presentation was outstanding.”
Elizabeth Boone RD,LD

“I wanted to tell you how impressed I was with the SCAN Symposium last weekend and your contribution to the non-diet movement.It's remarkable to be in on the beginning of a whole new movement...and you are very much to thank for the organization and foundation of the approach! Thank you!”
Rachel Trevethan, MS, RD, LD

“At the outset, I want to tell you that you have always, without knowing, helped me accomplish with my students far more than I could possibly have without utilizing your website. Thanks.”

Mohey Mowafy,PHD, RD, CNS, CEDS

- Part 2 to You Count, Calories Don't (see reverse) / Workshop length: 1 - 1.5 hours