

<p style="text-align: center;">Medical Model The Diet</p>	<p style="text-align: center;">Empowerment, Facilitative Model HUGS non-diet approach</p>
<p>Expectation - compliance Counselling Question “Are you watching the fats in foods?” Message - You need to comply to a certain, generic regime, “Food is high in fat; cut back in this area.”</p>	<p>Expectation - self awareness Counselling Suggestion - “Try to notice why you are eating. You’ve mentioned guilty feelings and cleaning your plate...” Message - You can become more aware of why you are eating; feel the individualized, caring guidance from health professional</p>
<p>Method- behavior modification, control Counselling questions What do you do when you’re frustrated? Can you go for a walk to let off some steam? Message -Here is a band-aid for your bad habit of eating when frustrated; just handle it by going for a walk to get control of your feelings.</p>	<p>Method - personal responsibility, informed choice Counselling Suggestions - What do you think is causing your frustrations; how can you prevent these situations? Message - You have choices and inner desires that can be expressed. Issues of confrontation, acceptance of things beyond personal control, and making time for self will be explored jointly.</p>
<p>Result - daily management Counselling questions Are you measuring your pasta and weighing your meat to make sure you are eating your allotment? Message - Each day is a controlled regime.</p>	<p>Result - quality of life Counselling suggestions- Are you continually listening to your body for your hunger signals and other needs? This technique is your key to nurturing yourself. Often our body is disconnected from our mind if we are not in touch with our feelings. New ways of doing things take time. Message - The capacity to balance your life is within your realm of choice.</p>
<p>Setback Perspective - failure (gaining weight) Counselling implication - You are not following the diet. Message - You are a failure in my eyes.</p>	<p>Setback Perspective -self-discovery process Counselling suggestion - You can learn from setbacks. What do you think caused the weight gain? What did you do differently? Message - You can learn that setbacks are part of the growth process.</p>
<p>Effect - Immediacy Counselling statement - Let’s weigh you and see how you’re doing. Message - A steady decline in weight is required.</p>	<p>Effect - Gradual change Counselling Suggestion - You ate regularly Thanksgiving Day, enabling you to enjoy the meal without overeating. This is progress as you indicated that you used to starve and binge on holidays. Message - small steps, possibilities</p>
<p>Responsibility - Health practitioner in control Counselling Question - Are you doing what I told you to do? Message - I know best and will advise you accordingly.</p>	<p>Responsibility - Individual in charge Counselling Suggestion - What steps will you take as a result of our discussion? What will you be doing differently over the next month? Message - As a health professional I trust you to do the best you can with the knowledge you’ve gained from our discussions.</p>
<p>Info dissemination - filtered by health professional’s judgment on need to know Counselling Implication - You don’t need to know all the facts. Message - Too much knowledge might confuse you.</p>	<p>Info dissemination - freely provided to facilitate choices Counselling Suggestion - Options are always available. Consequences of different courses of action can be explored. You could continue to suppress your feelings with food or could address causes with action. Message - You can be in charge. You do have a choice</p>
<p>Success - Weight Loss Counselling Situation - I’ll let your doctor know that you didn’t lose any weight after two months on the diet. Message - You failed.</p>	<p>Success - feeling better - improved well-being Counselling Suggestion - You’re doing more fun things and more for yourself this last while. You don’t seem as frustrated as you used to be. Tell me about how you’ve handled something challenging since we last met. Message - I care. You can continue to balance your life and improve your perspective and overall health.</p>
<p>Reference: Omichinski, Linda. The HUGS Facilitator Kit for program delivery of non-diet approach. HUGS International Inc. Box 102A, RR#3, Portage la Prairie, MB, R1N 3A3 Canada (1 800 565 4847), www.hugs.com, email linda@hugs.com Excerpted from article by Linda Omichinski entitled “<i>New Frontiers in nondiet counseling: empowered clients make healthier choices</i>”, published in Jan/Feb 1995 issue of <i>HEALTHY WEIGHT JOURNAL</i>.</p>	