

What are some of the benefits in completing the Certificate of Training in Childhood and Adolescent Weight Management?

The following question was asked of previous program participants.

What changes have you made in your practice as a result of your participation in the certificate program?

- “I do motivational interviewing and goal setting with all my clients. My counseling sessions are much more patient centered which has been very effective.”
- “Making the focus in our preschools be on promoting nutrition & activity for all children & staff versus just focusing on those with weight concerns.”
- “Utilize more motivational interviewing techniques.”
- “More time on establishing behavioral plan”
- “Increased MI.”
- “I am not currently in weight management practice, but I hope to start a practice soon. I look forward to implementing some of the ideas shared at the training program. I am in the process of developing online educational modules about obesity prevention and treatment for didactic students as part of my doctoral research, and I have used a lot of the resources provided by this training program to develop these case-based learning modules.”
- “I believe I have improved as far as listening to the patient and understanding their needs. Also, fitting the goal into their current lifestyle.”
- “Giving parents more of the statistics and facts about research.”
- “Being more client focused, setting goals at each visit.”
- “Used info to write grant, newsletter articles, develop training.”
- “The way I discuss weight loss with patients.”
- “More motivational interviewing counseling and behavior changes.”
- “Approach to weight management.”