

Supervision

Goal Setting

To best organize our time working together, please identify the areas below in which it will be important for us to review appropriate treatment interventions and best practice standards. These may include but are not limited to the following topics, please check all of those in which you would like more information.

- Initial assessment, follow-up sessions, group notes and all other documentation.
 - Restoration rates, energy needs, lab values, nutrition focused physical exam, etc.
- Establishing nutrition practice standards: weighing protocols, nutrition approach, when to make referrals to HLC, when to discharge, etc.
- Working with an interdisciplinary team of professionals – obstacles and necessary collaboration.
- Identifying and understanding RD treatment approaches at each level of care.
 - Meal planning principles, Mindful Eating, Intuitive Eating, etc.
- Presentation styles and skills for successful interaction and learning: group lectures, group experientials/activities, family sessions, etc.
- Goal setting for optimal treatment success; including Master Treatment Plans and establishing frequency of nutrition sessions.
- Working with clients at all levels of care, you are currently familiar working with which of the following:
 - Acute/IP
 - Residential
 - Partial Hospitalization
 - Intensive Outpatient
 - Outpatient Counseling

- Differences in the treatment and nutrition interventions/approaches in working with Anorexia, Bulimia, Binge Eating Disorder, ARFID, Orthorexia, and Disordered Eating patterns.
- Co-occurring diagnosis (substance use disorder, personality disorders,
- Nutrition counseling tools – ACT, DBT, CBT, Motivational Interviewing, etc.
- Health at Every Size® principles and the language of working with Eating Disorders.
- Treatment approaches to working with specialty populations: food allergies, GI issues, vegan, vegetarianism, bariatrics, etc.
- Other _____

- Other _____

Keep in mind that upon completion of the required supervised client care hours (2500 hours) you will have demonstrated proficiency in the following areas:

1. Familiar with and knowledgeable of each diagnosis related to eating disorders as outlined by the DSM-5.
2. Possesses strong communication skills as evident in the relationships between clients and clinician/dietitian.
3. Aware of and prepared to meet the specific needs and challenges of different ages, genders and family structure, as applicable, of each individual client presenting with an eating disorder.
4. Comfortable and effective in communicating within a multi-disciplinary eating disorder treatment team.
5. Proficient at both individual and group patient care settings, where applicable.

Supervisee

Date