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...

This treatment process involves a delicate balancing act. Discuss it with the client's therapist to ensure you are on the same page about treatment goals. Molly Kellogg, RD, LCSW, is the author of the Counseling Tips for Nutrition Therapists: Practice Workbook series and a member of the Motivational Interviewing Network of Trainers. She trains health professionals around the country in her "Counseling Intensive" workshops.

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