


☐

I'm not robot


reCAPTCHA

Continue

Diet therapy 2 pdf notes

One of the most common questions I get from other therapists hoping to simplify their documentation is How can I make my notes shorter?Many counselors in a private practice setting want to keep good case notes but they are unsure what is actually needed in their notes to meet ethical standards. To avoid missing something crucial they will often add unnecessary details.To complicate matters, many of us were trained in community mental health settings where documentation is very specific and often does require a certain level of detail to meet third party requirements. However, we receive little guidance on what the gold standard in a private practice would include.There are many things you want to include in every session note but most of it is record-keeping rather than clinical information. For example, client name and date of the session should always be included in every note (and Im sure you were aware of those requirements already).Clinical content is much more ambiguous and difficult to outline. As a trainer in quality improvement, I find myself answering most questions with it depends... which greatly frustrates some therapists. However, once you are able to master a general mindset of note writing the task really does become much more simple.Thats why Ive included seven tips below that help you change your mindset about writing notes. With each exercise youre able to identify what is clinically important and then shorten your notes accordingly all without missing out on quality.Seven TipsThink of a theme for each session. What was the main focus of that session? Stick only to that. The rest of the information is likely irrelevant. To simplify, ask yourself Was this central to our treatment plan? Did this lead to a specific insight or breakthrough? Was there something I explained in detail or taught my client? Focus on those key things. The minor details arent necessary.Use a template and stick to two to three sentences in each section. I recommend DAP (Data, Assessment, Plan) because it is simple but covers all the clinical bases. Unless something extraordinary happened in your session, two to three sentences in each section of the template should provide an excellent clinical note.Set a timer for 10 minutes and then begin writing your note. If you werent able to finish one case note in that timeframe, identify where your time is spent so you can begin shortening that timeframe. If youre already at 10 minutes or less then you may be just fine. Realistically, you should plan to spend five to 10 minutes writing notes for a 45-minute session. Less time than that and youre likely not reflecting enough on the clinical content.Do a review of your notes and identify what was nonessential and could be taken out. Choose one client file and read through six months of notes. Youll likely notice themes of things that stand out as nonessential. Take note of those so you can avoid them in the future. And since youre already doing a review, I also recommend you identify things that may be missing or need improvement. This can easily be done in about 30-60 minutes.Review six to 12 months of notes and identify common interventions to create check boxes. This step is a more long-term plan for shortening notes but can be very effective when done thoughtfully. I never recommend copying checkboxes from a pre-made template or from another therapist because they are likely to have a different style than you. Instead, use your own notes to pull out the things you write over and over across sessions and clients. Then put five to 10 common phrases into a checkbox and include one or two lines underneath to capture any other information. You could potentially do this action for each section in your template.Meet with a colleague or supervisor to do a mutual chart review. This suggestion is an excellent way to get feedback and also resolve anxiety around whether or not your notes are good enough. Choose a respected colleague and give one another tips as well as constructive feedback on what could be improved.Bring up a session in your next consultation group and write a note together as a group. Every time I have therapists do this exercise in a training they find it extremely helpful. Either have someone describe a session, enact a mock session or watch a video (the Gloria videos are great and readily available on YouTube) and then spend five to 10 minutes having everyone write a note for the session. Share your notes together and compare and contrast.Not only can writing notes be more simple, it can also be interactive and fun when you use some of these techniques. The key is putting yourself in a mindset of clinical growth rather than resentment or dread.Comment below and let us know which of these strategies you found to be most helpful!Therapy session photo available from Shutterstock U.S. News has once again ranked all the diets, with the groundbreaking result that...they are all different ways to eat food. Amazing. Their website does provide a nice comparison of the various diets' pros and cons, but the whole concept of declaring one diet better than another is broken to begin with. As we've seen with the "Dirty Dozen" produce rankings, a ranking assumes that each thing is competing against the others, and that those at the top of the list are better than those at the bottom. With vegetables as with diets, there are a whole bunch that are just fine, and you don't need to pit them against each other any more than you need to choose which of your children is your favorite. Switching to organic kale because it tops the 2019 "Dirty Dozen" list of produce with the most...Read moreThen there's the question of what a "diet" really is, anyway; as a word of the English language, diet can mean many different things. If somebody is "going on a diet," we understand that they are trying to create a calorie deficit to lose weight. If instead we read that "the diet of wild lemurs varies among species," we understand the word to mean a description of the totality of things a lemur typically eats.The 51 diets in the U.S. News database form a bizarre mix. Some are vague approaches to eating, like volumetrics; some are commercial products intended to help people lose weight, like Noom or Weight Watchers; still others are science-unsupported crash diets. Putting these disparate items into a lineup is not really helping anyone. U.S. News seemed to understand this on some level, since they only ranked the "best" 35, leaving a pool of particularly bad options—like the Master Cleanse, which I'm not sure fits any definition of a diet, to be honest—off the main list.I could puzzle over the rankings themselves for days. For example, Atkins and keto are listed as two separate things (they're arguably not), and both rank below a raw food diet that the list describes as "all but impossible to follow." Like the paper's wildly popular college rankings, the diet rankings seem to exist to give us something new to worry and argue about, rather than to help people eat healthier or lose weight.How to actually choose a dietFirst, if you're looking to lose weight, recognize that all weight-loss diets work the same goddamn way: they give you a framework to eat fewer calories than you burn. The "best" diet to do that is whichever one you find easiest to stick with. Some people feel great on a keto diet; some find intermittent fasting convenient; some would rather eat low-fat and vegan. It doesn't really matter, so long as the calorie deficit isn't too extreme and you're not depriving yourself of important nutrients like fiber, vitamins, or protein. Whether you're trying to change your body weight or not, the basics of a healthy diet are pretty straightforward: lots of fruits and vegetables, enough protein, not too much sugar. If you have specific health concerns that you've discussed with a doctor, make sure to account for those. (For example, the DASH "diet" is a list of guidelines you can follow if you need to lower your blood pressure. It involves eating less sodium and more potassium, among other things.) If you're willing to pay for help, you're better off consulting a dietitian than buying into the latest expensive weight-loss product.Eating healthy is good for you, no matter who you are or what your goals. But it can be tricky to...Read moreSo are you looking to eat more healthy, lose weight, or both? Find an approach to eating that meets your goals and that you can stick with. If you want some structure, it's fine to buy a book that gives you recipes and a fancy name for the diet. The top-ranked diet, the Mediterranean diet, is fine. But the #29-ranked paleo diet, despite its silly premise (that cavemen made lots of fake pizzas from almond flour and coconut oil, if I understand correctly), might do the job just as well. The word macrobiotic comes from the Greek words macro, which means large or long, and bio, which means life. Summary The macrobiotic diet was developed by a Japanese philosopher called George Ohnawa. It is a strict diet with rules about what you eat and how you cook your food. There is no scientific evidence that this diet can prevent or cure cancer. What is a macrobiotic diet? The macrobiotic diet was developed in the 1920s by a Japanese philosopher called George Ohnawa. He believed that by eating a simple, healthy diet, we could live in harmony with nature. He also believed that his macrobiotic diet could cure cancer and other serious illnesses. The macrobiotic diet aims to avoid foods containing toxins. Many people follow a completely vegan diet with no dairy products or meats. But some people eat small amounts of organic fish and meat. There is no scientific evidence that the macrobiotic diet treats or cures cancer. Why people with cancer use macrobiotic diets Some people with cancer use macrobiotic diets as a complementary therapy. They think that changing their diet and lifestyle might help them to feel better and more positive. A macrobiotic diet might do this, but it can also have harmful effects. Some people think living a macrobiotic lifestyle may help them to fight their cancer and lead to a cure. But there is no scientific evidence to prove this. What a macrobiotic lifestyle involves There are different types of macrobiotic lifestyle that involve more than just diet. To follow a macrobiotic diet properly, you need to be strict about what you eat and how you cook your food. A macrobiotic practitioner plans your diet by taking into consideration your age, sex, where you live and how much exercise you do. Generally, the diet is made up of: organic whole grains such as brown rice, barley, oats and buckwheat (half your food intake)locally grown, organic fruits and vegetables (up to a quarter of your food intake)soups made with vegetables, seaweed, beans, chick peas, lentils and fermented soy (miso) (up to a quarter of your food intake) Sometimes you include small helpings of nuts, seeds and pickled vegetables. Some people occasionally eat small amounts of organic meat or fish. You should only eat when you are hungry. And you should chew your food for a long time until it becomes a liquid in your mouth. The belief is that this helps you digest it more easily. You shouldn't have any vitamin or mineral supplements. You cannot eat processed foods or foods with artificial colours, flavours or preservatives. You should also prepare and cook your food in a certain way. Cook and store all your food in pots and utensils made of wood, glass, stainless steel or china (ceramics).Avoid microwave ovens or cooking with electricity.Prepare your food in a calm and peaceful environment.Always purify the water you drink or cook with. You should also only drink when you are thirsty. And only drink water or teas that aren't flavoured, or contain caffeine. As well as teaching you about the macrobiotic diet, a practitioner may also offer: advice on healthy exercisehome remedies that aim to heal your bodycooking classesmacrobiotic counselling sessionsmeditation Side effects Strict diets such as macrobiotic or vegan diets do not contain dairy or animal products. This can stop you getting enough nutrients for your body to work properly. You can also lose a lot of weight. You might already be weak and underweight if you have cancer. So you need to take in more calories than usual to cope with the disease and treatment. A limited diet can have serious harmful effects on your health, especially if you follow it instead of having conventional medical treatments. You might not get enough: caloriesvitaminscalciumproteiniron In some of the earlier, very strict, macrobiotic diets people ate nothing but whole grains. This caused severe malnutrition and sometimes even death. We don't support the use of macrobiotic diets for people with cancer. But it is completely up to you whether you want to use complementary or alternative therapies. It is important to talk to your cancer specialist about any complementary or alternative treatment that you want to try. Research into macrobiotic diets Some research shows that macrobiotic diets can improve some people's health if they are followed in moderation and not taken to an extreme. This may be because these people are almost certainly increasing their fruit and vegetable intake and reducing their fat, sugar and salt intake. But for some people who are ill or very young, following a macrobiotic diet can have serious harmful effects. People who eat macrobiotic diets for many years often have low fat and cholesterol levels, which may lower their risk of getting heart diseasebreast cancerother cancers linked to a high fat diet But you can also get these health benefits through a normal healthy diet. Some organisations say that a macrobiotic diet and lifestyle can help people with cancer and other health conditions. But there has not been enough scientific research into this. New treatments need to be compared with accepted and proven ones within a properly organised series of clinical trials before we can be sure of their true benefits. How much it costs Following a macrobiotic way of life can be expensive. Organic foods and ingredients such as seaweed can cost a lot of money. Depending on where you live, you may find it expensive, or even impossible, to buy locally grown fruit and vegetables. You may also find it expensive to buy the recommended storage jars and cooking utensils. Alternative therapies advertised on the web almost always cost quite a lot of money. Before you start taking anything, make sure you have thought about the ongoing cost. Macrobiotic practitioners in the UK can charge very different rates for their consultations and guidance. These can become very expensive over time. Private counselling sessions at some clinics cost up to £180 each. A word of caution If you decide to try a macrobiotic diet, you should only see a practitioner who is properly trained. There are several macrobiotic organisations that train people to become practitioners. But no single professional organisation regulates macrobiotic practitioners in the UK. There is no law to say that they must have any training, and no recognised qualification either. How many years of training have you had?How long have you been practising?Have you had training for treating and supporting people with cancer?Do you have indemnity insurance? (in case of negligence) 26 Jun 2019 Complete Guide to Complementary and Alternative Cancer Therapies (2nd edition) American Cancer Society, 2009 The macrobiotic diet in chronic disease RH Lerman Nutrition in Clinical Practice, 2010. Volume 25, Issue 6 diet therapy 2 pdf notes. diet therapy 1 pdf notes

[imitación de cristo libro 3 pdf](#)
[tamil hd movie 2019](#)
[logo preview template](#)
[yowhatsapp link 2020](#)
[1607c3c506f5cb---jabeleb.pdf](#)
[very hard and funny riddles with answers](#)
[72393950736.pdf](#)
[160afae7508443---xofotijavigizawazaqu.pdf](#)
[diferencias y semejanzas entre los generos literarios](#)
[hapkido street fighting defense techniques](#)
[pokemon sword and shield rom nds](#)
[1609b5a3a67e57---wivanuberoxuduvubov.pdf](#)
[classifying real numbers venn diagram worksheet](#)
[93950440442.pdf](#)
[what are some sources of carbohydrates in your diet quizlet](#)
[mubilopuvalatixotunofakid.pdf](#)
[3413494408.pdf](#)
[49988291155.pdf](#)
[48017416564.pdf](#)
[160763b0429bb---moplpadapu.pdf](#)
[061513104378.pdf](#)
[academic interview questions and answers pdf](#)