Motivational Interviewing in Nutrition & Fitness: Navigating Diet Culture Through a Weight-Inclusive Lens

1-hour recorded asynchronous distance learning workshop!

Many professionals in health and wellness fields may not recognize the ways in which language and practice can reinforce diet culture. Supporting the pursuit of weight loss can contribute to disordered eating patterns, yo-yo dieting/weight cycling, and weight stigma. Without conscious reflection, even MI practitioners may inadvertently reinforce these messages, causing further harm.

Weight-neutral or weight-inclusive approaches offer another way forward by taking the focus off of weight outcomes, and instead focusing on sustainable changes that honor health and well-being. This 1-hour workshop will include tangible strategies for applying weight inclusive practices into motivational interviewing sessions. Participants will explore how MI can help practitioners hold space for their client's desire for weight loss while also discussing the benefits of moving away from a dieting mindset.

Course Objectives

1. Describe 3 key differences between weight centric and weight neutral care.
2. Identify at 2 ways MI can support weight-inclusive, autonomy-supportive care

Course Outline

- Introduction
- Diet Culture and Weight-Centric Care
- Weight Stigma and Its Impact on Health
- Weight-Inclusive Care Framework
- 3-Step Process for Practical Application
- Healthism and the MI Spirit as an Antidote
- Concluding Thoughts

Course Outline

This course is for therapists and helping professionals at the beginner through advanced level.

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Speaker(s)

Dawn Clifford, PhD, RD,
is a Professor in the Health Sciences Department at Northern Arizona University. She's a member of the Motivational Interviewing Network of Trainers. Her research is in motivational interviewing, health coaching, and weight inclusive approaches to health and well-being. She co-authored Motivational Interviewing in Nutrition and Fitness (2nd eds, Guilford Press) and is the author of 5-Minute MI: Motivational Interviewing in Nutrition and Health When Time is Short (Skelly Skills, 2020).

Angelina Moore Maia, Ph.D., RDN, LDN,
is a Maine-based behavioral nutritionist and founder of Maia Consulting Group, with experience spanning higher education, corporate healthcare, and clinical practice. She holds a Ph.D. in Food and Nutrition Sciences from the University of Maine, with research focused on family nutrition and motivational interviewing. A member of the Motivational Interviewing Network of Trainers (MINT) since 2016, Angelina trains and coaches in a variety of settings, with a focus on motivational interviewing and weight-inclusive care.

Continuing Education Available

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, (MI Center for Change) programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.
- MI Center for Change #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval periods (8/20/25 - 8/20/28). Social workers completing this course receive 1 continuing education credit.

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Continuing Education Available (cont.)

Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

How "Motivational Interviewing in Nutrition & Fitness: Navigating Diet Culture Through a Weight-Inclusive Lens" Course Works

You will register by providing your name and email, and will be emailed you your confirmation and login details. You will watch the video and then score a passing grade. Once you complete the quiz you will be prompted to complete the end of course evaluation. After completing the evaluation you will be emailed your certificate within 24 hours.

Continuing Education Information

We do not provide partial Continuing Education credit for this course. Participants must complete the 1 hour of recorded asynchronous distance learning.
Course Fee: $27
Course recording date: 10/1/26
What if there is a group at my agency that wants to take the training together?
Each individual must have their own device to sign in for the live webinar. Email for more information admin@micenterforchange.com
Individual Course Access: Each member of the group must sign in the webinar link individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation. For more information or to register a group, please contact us at admin@micenterforchange.com
System Requirements, Terms and Conditions:
Please take the time to read the System requirements, Terms and Conditions for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions here. See our Cancellation Policy here.