

Module 7, Lesson 5 Quiz:
Nutritionist vs. Therapist

1. What is the first rule in medicine?
 - a. **Do no harm**
 - b. Stick to your scope of practice
 - c. Do not give advice
 - d. Maintain confidentiality

2. If a counseling session is going on a tangent and heading in a direction that is not within your scope of practice as a provider, you should:
 - a. End the session
 - b. Tell the client you are not a therapist
 - c. **Gently redirect to your area of expertise**
 - d. Reach out to your client's therapist and share what you learned

3. Motivation is a big predictor in your client's successful outcomes. In order to determine motivation and successfully work with your clients, the most important thing is to:
 - a. Give them the motivation to change their behaviors
 - b. **Meet them where they are at in their motivation**
 - c. Use anecdotes and rewards to improve motivation
 - d. Add motivation from loved ones into your recommendations