

Kristina Hokenson, RDN, LRD

Dietitians and Body Image: Exploring Our Role in Client Care

Bio:

Kristina Hokenson became a registered dietitian in 2004 after graduating from the University of North Dakota. Her primary focus is on eating disorder treatment, where she helps clients heal their relationship with food and their bodies. In support of her work as a dietitian, she is a 200-hour registered yoga teacher and a certified intuitive eating counselor. She currently runs her private practice, Haven of Health, in Minot, ND, where she works with individuals struggling with eating disorders, disordered eating, and chronic dieting.

Description of Presentation:

This one-hour presentation, "Dietitians and Body Image: Exploring Our Role in Client Care," is designed to enhance understanding of how dietitians can address body image concerns with awareness of scope of practice. Participants will deepen their knowledge of communication strategies and interventions that support clients in creating a healthier relationship with their bodies. The importance of interdisciplinary collaboration will also be highlighted, equipping attendees with the skills to work with other professionals for comprehensive support. By the end of this presentation, attendees will leave with a clearer understanding of their role in body image discussions, empowering them to enhance client care.

Learning Objectives:

1. Explore the Role of Dietitians- Examine how to foster supportive conversations around a client's body image while staying within our scope of practice.
2. Develop Supportive Strategies-Identify helpful communication techniques and client tools that dietitians can use to promote a healthier body image.
3. Encourage Collaborative Care-Explore the importance of interdisciplinary collaboration, including working together and referrals.