



**Defense Health Agency, J-7, Continuing Education Program Office**

**Motivational Interviewing, Stages of Change, and Counseling Skills in Dietetic Practice**

**Live Course, July 17, 2025, Fort Sam Houston, TX**

**Continuing Education (CE)/Continuing Medical Education (CME) Information**

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for registered dietitians and dietetic technicians. A certificate of attendance is available for other attendees.

**Motivational Interviewing, Stages of Change, and Counseling Skills in Dietetic Practice (1.00 clock hour)**

**1500 - 1600 (ET)**

**Learning Objectives:**

1. Define Motivational Interviewing (MI) and its core principles.
2. Identify and practice key counseling skills used in MI.
3. Describe the Stages of Change Model.
4. Summarize how to apply skills in practice.

**Faculty:**

CPT Cristina Western, RDN, CSSD. Presenter has no financial or non-financial relationships to disclose.

Dr. Stephanie R. De Leon Ansley, PhD, RD, LD, CDCES. Presenter has no financial or non-financial relationships to disclose.

**Disclosures:**

DHA J-7 staff, Planning Committee Members and content reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

**Registered Dietitians and Dietetic Technicians, Registered (CDR)**



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

The DHA, J-7, CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.00 Continuing Professional Education unit (CPEU) for completion of this activity/material.

**Other Professionals**

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

**Commercial Support:**

No commercial support was provided for this activity.

**Participation Costs:**

There is no cost to participate in this activity.

**CE/CME Inquiries:**

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil)

**How to Obtain CE/CME Credit:**

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 31 July 2025 at 2359 ET at the following URL:

[www.dhaj7-cepo.com](http://www.dhaj7-cepo.com)