

## HANDOUT 14.1. COUNSELLING OBSERVATION CHECKLIST (ALIDRAA)

- Greets the client (and caregivers) and establishes confidence
- Asks** the client (and caregivers) about current eating practices
- Listens** to what the client (and caregivers) says
- Identifies** key difficulties, if any, and selects with the client (and caregivers) the most important one to address
- Discusses** options
- Recommends** and negotiates do-able actions, helping the client (and caregivers) select the best option to try depending on their context and resources
- Helps the client (and caregivers) **Agree** to try one of the options and asks the client (and caregivers) to repeat the agreed do-able action
- Makes an **Appointment** for the follow-up visit

Name one or more things the counsellor did well:

What one thing would you recommend the counsellor to do to improve next time?