

Nutrition and Psychology Discussions

Student's Name

Institutional Affiliation

Nutrition and Psychology Discussion

Part 3

As a clinical psychologist, I can use the following topics to enhance my practice and improve my performance. Nutrition and exercise is a broad field that is concerned with diet choices and regular exercise. The proper choice of foods and drinks followed by regular and effective physical exercises helps one to live in a healthy way. Therefore, as a clinical psychologist, I can help my clients identify healthy diets to help prevent food-related diseases (Heyland et al. 2016). On the topic of exercise, I can help clients develop physical and mental exercise routines to assist them in living healthily. On effective stress management, which is concerned with the steps and ideas that a person can use to cope with stressful situations (Holloway and Galvin, 2016), my focus would be to study the clients and identify some of the methods and ways they can use to manage, contain and eventually eliminate stress in their lives.

As for confidentiality, this topic is concerned with all the information a psychologist learns or gets from their client, and how they are expected to keep it a secret. Exposing information obtained from a client to another person or the public is illegal and wrong (Holloway & Galvin, 2016). The topic, therefore, would assist in protecting client privacy, thus helping them build and preserve confidentiality. On cultural competence, this field is concerned with how a person is able to interact with others. As a clinical psychologist, cultural competence would enable me to understand and communicate effectively with all people irrespective of their cultural background (Heyland et al. 2016). To achieve this, I would start by understanding my own worldview, in addition to broadening my knowledge of others.

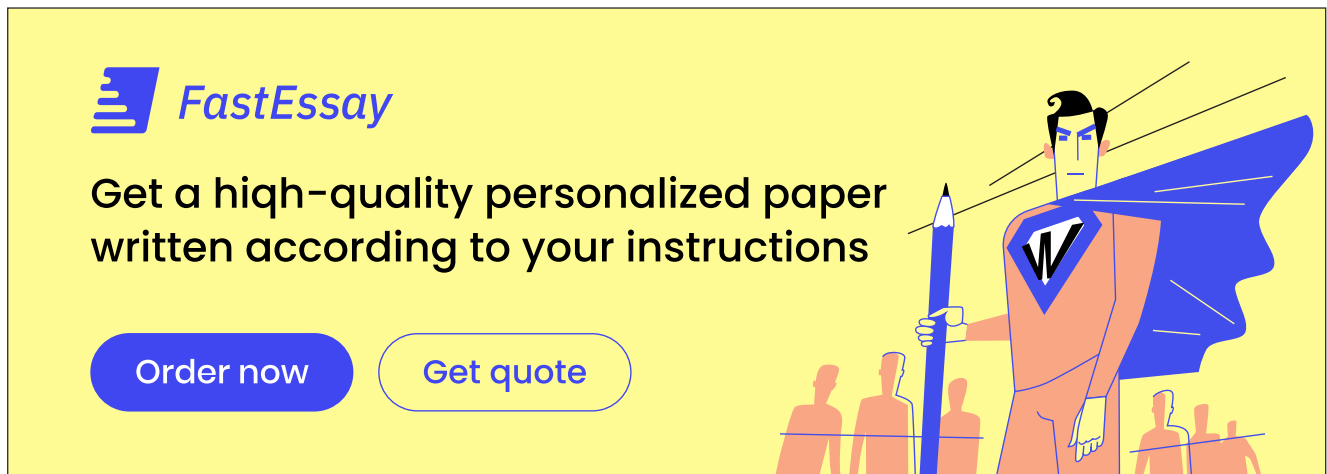
The information on the above four topics will help clients in various ways. Nutrition and exercise will help them stay healthy. Stress management will allow them to deal with stressful situations and thus live more peaceful lives. Confidentiality helps build trust between the clinical psychologist and the patient, thereby allowing the client to reveal more information that may eventually help the physician to resolve the health/psychological issue. With cultural competence, the client benefits from the ability to communicate with them effectively, thus making them feel appreciated and respected.

References

Heyland, D. K., Stapleton, R. D., Mourtzakis, M., Hough, C. L., Morris, P., Deutz, N. E., ... &

Needham, D. M. (2016). Combining nutrition and exercise to optimize survival and recovery from critical illness: conceptual and methodological issues. *Clinical Nutrition*, 35(5), 1196-1206.

Holloway, I., & Galvin, K. (2016). *Qualitative research in nursing and healthcare*. John Wiley & Sons.



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