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As a Washington State Certified Dietitian, Washington State Registered Counselor and nationally Registered Dietitian the Washington State Department of Health requires I provide disclosure information to clients about my practice as a Dietitian. For more details read law **RCW 18.19.060 --Information disclosure to clients:** Persons registered under this chapter shall provide clients at the commencement of any program of treatment with accurate disclosure information concerning their practice, in accordance with guidelines developed by the department, that will inform clients of the purposes of and resources available under this chapter, including the right of clients to refuse treatment, the responsibility of clients for choosing the provider and treatment modality which best suits their needs, and the extent of confidentiality provided by this chapter. The disclosure information provided by the counselor, the receipt of which shall be acknowledged in writing by the counselor and client, shall include any relevant education and training, the therapeutic orientation of the practice, the proposed course of treatment where known, any financial requirements, and such other information as the department may require by rule. The disclosure information shall also include a statement that registration of an individual under this chapter does not include a recognition of any practice standards, nor necessarily imply the effectiveness of any treatment. [2001 c 251 § 22; 1987 c 512 § 6.]

Background/Training:

- My education includes a Bachelor of Science in Dietetics from the University of Kentucky and a certificate in Brains and Addiction from the University of Washington
- Dietetics degree includes a 9 month supervised practice internship within the state of Kentucky working as a Registered Dietitian in various types of settings. Including, but not limited to, hospital clinical nutrition, community education programs, and food service management.
- To receive the credentials of R.D. (Registered Dietitian) I passed the Registration Exam for Dietetics given by the Commission on Dietetic Registration.
- In addition to completing this degree, internship, and exam I have also spent a summer at Remuda Ranch Center for Anorexia and Bulimia as a Dietetic Intern. This is an inpatient, eating disorder treatment center in Wickenburg Arizona.
- Past work experience has included:
 - Working as an outpatient Registered Dietitian with Meier New Life Clinics and Samaritan Center of Puget Sound, providing individual Nutrition Counseling and small group facilitation and education for eating disorder treatment in traditional and intensive outpatient settings.
 - Working part-time for Seattle-King County Public Health as a Nutritionist for their Women, Infants, and Children and Maternity Support Services Programs.
 - Working at Seattle Pacific University in their Student Counseling Center, offering Nutrition Counseling to undergraduate students. During my 5 years there I helped to create the eating disorder treatment protocol, planned an annual awareness week called Respect Your Body Week, did various presentations on campus, and was guest lecturer for various classes.
- Presently I primarily offer 1:1 nutrition counseling in private practice, but I also:
 - Supervise the Seattle Pacific University dietitian.
 - Facilitate a Food and Body support group for individuals struggling with eating disorders. This is co-lead with a therapist. I have been providing support groups to the Puget Sound community for nearly 9 years.
 - Act as consultant dietitian for the University of Washington student counseling center.

Method of Counseling: My services are entitled Nutrition Counseling, which is based on my education in Dietetics. Although I am a Registered Counselor in the State of Washington, I function as a Dietitian, not as a counselor. If needed, I refer clients to Mental Health Counselors for psychological counseling and to more thoroughly explore the issues behinds one's relationship with food and their body. With the client, I am a supporter and an educator. In session, I listen to contentment and discontentment regarding ones relationship with food and body. I help one decipher which messages about food and body to believe as truth and which to discard as myths. Then, together we determine a healthy, practical, and life-giving way to eat and relate to ones body.

Course of Treatment: A Nutrition Counseling relationship, between a client and a Registered Dietitian, can be complete in one session or it can continue for years. Individuals desiring further education and some practical tools to make healthier choices in regards to their relationship with food and body could see a Registered Dietitian for 1-3 sessions and receive sufficient skills to make desired changes. Individuals struggling with diagnosed eating disorders or undiagnosed disordered eating will benefit from weekly sessions with a Registered Dietitian. These individuals most likely will receive most effective treatment if being treated by a team of professionals, including a Mental Health Counselor, Registered Dietitian, and Medical Provider. The course of treatment I follow with these individuals ensures the client has a treatment team in place in order to provide appropriate care. Other health related concerns that benefit from nutrition counseling (ie, high cholesterol, osteoporosis, etc) can vary in terms of length of time; this will be determined on a case by case basis.

Washington State Department of Health Statement:

Under Washington State Law, I am required to inform you of the following:

"Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment. The purpose of the law regulating counselors (the Counselor Credentialing Act)

is: (A) to provide protection for public health and safety; and (B) to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct”

Assurance of Professional Conduct: Thousands of people in the counseling or hypnotherapy professions practice their skills with competence and treat their clients in a professional manner. If you and the counselor agree to the course of treatment and the counselor deviates from the agreed treatment, you have the right to question the change and to end the counseling if that seems appropriate to you.

We want you to know that there are acts that would be considered unprofessional conduct. If any of the following situations occur during your course of treatment, you are encouraged to contact the Department of Health at the address or phone number in this publication to find out how to file a complaint against the offending counselor or hypnotherapist. The following situations are not identified to alarm you, but are identified so you can be an informed consumer of counseling or hypnotherapy services. The conduct, acts, or conditions listed below give you a general idea of the kinds of behavior that could be considered a violation of law as defined in RCW 18.130.180.

1. The commission of any act involving moral turpitude, dishonesty, or corruption relating to the practice of the person's profession, whether the act constitutes a crime or not. If the act constitutes a crime, conviction in a criminal proceeding is not a condition precedent to disciplinary action. Upon such a conviction, however, the judgment and sentence is conclusive evidence at the ensuing disciplinary hearing of the guilt of the license holder or applicant of the crime described in the indictment or information, and of the person's violation of the statute on which it is based. For the purposes of this section, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for the conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RC;
2. Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;
3. All advertising which is false, fraudulent, or misleading;
4. Incompetence, negligence, or malpractice which results in injury to a patient or which creates an unreasonable risk that a patient may be harmed. The use of nontraditional treatment by itself shall not constitute unprofessional conduct, provided that it does not result in injury to a patient or create an unreasonable risk that a patient may be harmed;
5. Suspension, revocation, or restriction of the individual's license to practice any health care profession by competent authority in any state, federal, or foreign jurisdiction, a certified copy of the order, stipulation, or agreement being conclusive evidence of the revocation, suspension, or restriction;
6. The possession, use, prescription for use, or distribution of controlled substances or legend drugs in any way other than for legitimate or therapeutic purposes, diversion of controlled substances or legend drugs, the violation of any drug law, or prescribing controlled substances for oneself;
7. Violation of any state or federal statute or administrative rule regulating the profession in question, including any statute or rule defining or establishing standards of patient care or professional conduct or practice;
8. Failure to cooperate with the disciplining authority by:
 - a. Not furnishing any papers or documents;
 - b. Not furnishing in writing a full and complete explanation covering the matter contained in the complaint filed with the disciplining authority;
 - c. Not responding to subpoenas issued by the disciplining authority, whether or not the recipient of the subpoena is the accused in the proceedings; or
 - d. Not providing reasonable and timely access for authorized representatives of the disciplining authority seeking to perform practice reviews at facilities utilized by the license holder;
9. Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;
10. Aiding or abetting an unlicensed person to practice when a license is required;
11. Violations of rules established by any health agency;
12. Practice beyond the scope of practice as defined by law or rule;
13. Misrepresentation or fraud in any aspect of the conduct of the business or profession;
14. Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at risk;
15. Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;
16. Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;
17. Conviction of any gross misdemeanor or felony relating to the practice of the person's profession. For the purposes of this subsection, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96 RCW;
18. The procuring, or aiding or abetting in procuring, a criminal abortion;
19. The offering, undertaking, or agreeing to cure or treat disease by a secret method, procedure, treatment, or medicine, or the treating, operating, or prescribing for any health condition by a method, means or procedure which the licensee refuses to divulge upon demand of the disciplining authority;
20. The willful betrayal of a practitioner-patient privilege as recognized by law;
21. Violation of chapter 19.68 RCW;
22. Interference with an investigation or disciplinary proceeding by willful misrepresentation of facts before the disciplining authority or its authorized representative, or by the use of threats or harassment against any patient or witness to prevent them from providing evidence in a disciplinary proceeding or any other legal action, or by the use of financial inducements to any patient or witness to prevent or attempt to prevent him or her from providing evidence in a disciplinary proceeding;
23. Current misuse of:
 - a. Alcohol;
 - b. Controlled substances; or
 - c. Legend drugs
24. Abuse of a client or patient or sexual contact with a client or patient;
25. Acceptance of more than a nominal gratuity, hospitality, or subsidy offered by a representative or vendor of medical or health-related products or services intended for patients, in contemplation of a sale or for use in research publishable in professional journals, where a conflict of interest is presented, as defined by rules of the disciplining authority, in consultation with the department, based on recognized professional ethical standards.

If you want more information about the law regulating counselors or want to file a complaint, please write to: Department of Health, Health Professions Quality Assurance, PO Box 47869, Olympia, Washington, 98504 or call (360 236 4700).