

Participant Centered Education principles, techniques, and steps for individual education



The California WIC Association is very happy to provide this training for organizations needing a review of Participant Centered Education. If this training interests your agency, please fill out an interest form [here](#). Questions? Contact Lena Workman at lworkman@calwic.org.

In this workshop, Mike Elfant will explore some key PCE principles, techniques, and situations in nutrition counseling that many WIC staff may struggle with.

During the session attendees will:

- Review Basic Principles of PCE, including Acceptance/Autonomy, Ambivalence, and Collaboration/Teamwork, and Strength-basis
- Review key elements of and practice using the PCE techniques, including summarizing and goal setting
- Discuss and practice PCE consistent approaches to address challenging situations during counseling conversations



Interested in this training?
Complete the CWA Interest Form.



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