
KAY GRANER

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SKILLS

- Medical Nutrition Therapy
- Nutrition Educator
- Nutrition Therapy for Eating Disorders, Mood Disorders and Addictions
- Lifestyle Management
- Integrative and Functional Nutrition Certified Practitioner (IFNCP)

WORK HISTORY

Clinical and Community Dietitian, 11/1995 to Current

First Health of the Carolina – 255 Memorial Drive, Pinehurst, NC 28374
Assess, create, evaluate patients' nutritional needs; plan and implement therapeutic interventions; Educate patients with respect to their nutrition risk factors and literacy levels; Facilitate, implement and monitor Nutrition Support protocols in a multidisciplinary setting. **Interim - Home Health/Community Health** (11/2004 -7/2010) Personalize Nutrition interventions, monitor clinical data and coordinate interdisciplinary care from hospital to home bound patients to include adult and pediatric populations. State Grant funded program -Provider of Nutrition Counseling/Education for middle and high school students in an economically deprived community.

Adjunct Faculty: Culinary Department, 08/2006 to 05/2011

Sandhills Community College – Pinehurst, NC 28374

Provided Nutrition Instruction to students studying Culinary and Hotel and Restaurant Management. Created/ Implemented a hybrid program for basic nutrition/culinary education to include an interactive "iron chef" project encouraging active participation and competition.

Private Practice Dietitian, 08/1990 to Current

Self-Employed – Carthage, NC, NC 28387

Provide Nutrition Therapy for Adults and Children. Plan and implement Nutrition interventions for clients primarily focusing on disordered eating, altered gut health, weight and lifestyle managements and chronic disease. Collaborate with other professionals to coordinate a multidisciplinary plan of care. Utilize Functional Nutrition, mindfulness, intuitive eating, movement, Nutritional Psychology and body positive principles in an Evidenced based practice. (2020-Virtual Practice due to Covid-19)

Clinical Dietitian, 1987-1990

First Health of the Carolina – 255 Memorial Drive, Pinehurst, NC 28374

Assess, create, evaluate and individualize Nutrition Interventions for inpatients and outpatients in a hospital setting. Worked in facility treatment center with addiction and psychological disease to include alcohol and drug addiction and eating disorders. Facilitated education classes for individuals and groups.

EDUCATION

Integrative and Functional Nutrition Certified Practitioner (IFNCP):

Integrative and Functional Nutrition Academy (online) - 2018

Master of Science: Nutrition Science (MNS) - 1986

Clemson University - Clemson, SC

Bachelor of Science: Home Economic: Nutrition - 1985

Appalachian State University - Boone, NC

AFFILIATIONS

Registered with The Academy of Nutrition and Dietetics- 1987

North Carolina Licensure - 1992

The Integrative and Functional Nutrition Academy (IFNA)- 2018

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PROFESSIONAL SUMMARY

I am Registered and Licensed Dietitian with over 30 years of clinical and consulting experience. Proficient in individualizing *Nutrition Interventions* and *Personal Exploration* to achieve Optimum Health using Food as Medicine in a Patient Centered Core.

ADDITIONAL INFORMATION

- SIBO Academy - Online programs for the study of Digestive Health 11/2020
- EDRDPRO - Online training for weight inclusive Eating Disorder training. 7/11/2020
- "From Struggling to Thriving": Acceptance and Commitment Therapy (ACT) for Dietitians- online program 7/2020 (in progress)
- Workshop-Tending the Feminine Psych -Nutritional Psychology with Francie White & Anita Johnston 11/ 2019
- Workshop- Mind. Mood and Food. Center for Mind Body Medicine. Certificate of Training 9/2019
- Workshop- Eating and Mood Disorders. The University of North Carolina School of Medicine 11/ 2010
- Certificate of Attendance from Mayo Clinic Nicotine Dependence Center Education Program 12/2008
- The Renfrew Center Annual Conference In Philadelphia, PA focusing on Obesity and Eating Disorders 11/2006
- Workshop- Children, The Feeding Relationship and Weight. Ellen Satter, MS,RD, LCSW, BCD in Atlanta, GA 5/2005
- Developed and participated as the Nutrition Educator for FirstFit Program with Behavioral Services- Moore Regional Hospital 9/2003
- Workshop- Body to Die For: Advanced Training in the Treatment of Eating Disorders and Body-Image Disturbance in Women- Adrienne Ressler 4/2003
- Workshop- Tending the Feminine Soul with Francie White Omega Institute 2001
- Advanced Skills Training Workshop for Professionals Treating Eating and Body Image Distortions with Francie White and Carolyn Costin 4/2000
- Developed Program, brochure and presenter for First Health Moore Regional Hospital with Behavioral Services: Eating Disorder 9/1999
- Southern Pines Women's Clinic, Southern Pines, NC- group counselor for weight loss with Dr. Michael Maness 1996 -1997
- CLark-Dartmouth Clinic, PA Southern Pines NC- Consultant for Nutrition Therapy: Eating Disorders -group and individual therapy. 1994-1996
- Rumbaugh Mental Health- Fayetteville, NC- Nutrition Consultant for Children and Adolescents with Emotional Eating issues. 1990- 1995