



31 College Place Building B Suite 200
Asheville, NC 28801
Phone: (828) 333-0096

Nutritious Thoughts is group practice of Registered and Licensed Dietitians nestled in the mountains of Asheville, North Carolina helping people explore, transform and heal their relationship with food, movement and self.

Nutritious Thoughts is looking for someone special to join their team of RD's.

We would love to find someone that feels like a "good fit" for the practice.

- *Registered and licensed dietitian (licensure in North Carolina)*
- *Eating Disorder informed*
- *Health at Every Size (HAES) mindset*
- *Compassionate*
- *Works well with others*
- *Has a flexible schedule*
- *Willingness to travel and grow as the position grows – currently in a fast growth phase.*

Office specialties include:

- Eating concerns: disordered eating, eating disorders, emotional eating, chronic dieting
- Nutrition for competitive and recreational athletes
- Nutrition for substance use recovery
- Women's health
- Co-occurring mental illness
- Chronic health concerns

*****STRONG NEED FOR EATING DISORDER INFORMED/EDUCATED PROVIDER WITH A HEALTH AT EVERY SIZE PHILOSOPHY.**

ROLES AND RESPONSIBILITIES

Dietitian Position: Part Time Job (most likely rapid growth to full-time)

- Asheville onsite nutrition counseling and groups (1-2 days – open to Saturdays)
 - Conduct individual, group, and family nutrition education and counseling sessions at Nutritious Thoughts in Asheville as scheduled.
 - Participate in coordination of care with multidisciplinary team members as needed.
 - Maintain appropriate and timely contact with team members.
 - Detailed and timely documentation, including nutrition assessments and progress notes.
 - Develop, review, and update educational material to meet the needs of the clients
- Hendersonville onsite nutrition counseling and groups (1-2 days per week)
 - Conduct individual, group, and family nutrition education and counseling sessions at Nutritious Thoughts in Asheville as scheduled.
 - Participate in coordination of care with multidisciplinary team members as needed.
 - Maintain appropriate and timely contact with team members.



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- Detailed and timely documentation, including nutrition assessments and progress notes.
- Develop, review, and update educational material to meet the needs of the client.
- Off-site Travel Contracts (1-2 days per week)
 - Willingness to travel in Asheville and surrounding areas for community contracts assigned.
 - Current contracts:
 - Therapeutic Boarding Schools (Asheville Academy in Old Fort, NC)
 - Corporate Wellness Programs
 - Participate in coordination of care with facility and team members as needed.
 - Maintain appropriate and timely contact with supervisor over contract.
 - Detailed and timely documentation, including nutrition assessments and progress notes.
 - Develop, review, and update educational material to meet the needs of the client.
 - Submit billing in a timely manner.

Direct Supervisor:

- Kendra Gaffney

Clinical Starting Hourly Rate

- Independent contractor position for first 90d, reevaluate fit and desire.
- Possible transition into employment status within 1 year of hire.

• **Additional Benefits**

- Supervision for CEDRD through International Association of Eating Disorder Professionals (iaedp)

Administrative

Meetings

- Office meetings
 - 2 per month
- Meeting with Clinical Coordinator
 - 30 min/mo.

QUALIFICATIONS AND REQUIREMENTS

- Must be available at least four (3) full weekdays and Saturdays
- Registered Dietitian with current registration, in good standing
- Desire to work with individuals struggling with eating concerns
- Knowledge and understanding of Healthy at Every Size (HAES)



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- Must be able to coordinate with a treatment team including therapists, MDs, psychiatrist.
- Maintain updated CAQH account in order to be paneled with insurance.

Performance Requirements

- Excellent communication and interpersonal skills, required
- Ability to learn and execute tasks in Microsoft Office, Electronic Medical Record, Canva
- Handle sensitive and confidential information and uphold HIPAA regulations and standards
- One (1) year of experience in a setting serving a similar client population (willing to work with entry-level RD's)
- Demonstrate the capability to perform high level complex tasks and willingness to carry out more routine tasks as required
- Show good judgment, a professional demeanor and commitment to excellence

Physical Requirements

- Ability to find transportation to and from work
- Ability to carry 25 pounds
- Sitting for long periods of time

Emotional Requirements

- Ability to handle stressful situations
 - Possible client crisis
 - Ability to practice non-judgmental leadership and create a sense of confidence while working with clients and staff