

Appendix 1: The Seven Intelligences

(with apologies to Dr H Gardner)

Intelligence	Thoughts, Examples & <i>Applications for Dietitians</i>
Linguistic	You are a storyteller, moved by the verbal and oral. Roald Dahl and JK Rowling are a couple of headline acts. <i>What can you hear about food and bodies in your client's story?</i>
Logical and Mathematical	You are objective, practical, solution focused. Ada Lovelace . For a laugh, cue Christopher Pyne . <i>Dietitians get enough of this: see 'Depresso-Intro' above.</i>
Musical	When you really 'get' the groove right in your marrow; its rhythm, its melody. A couple of my favourites: Vince Jones, Mick Jagger . Not Christopher Pyne (NCP). <i>What is the 'song' of your client? Do you duet in harmony with them or are you discordant?</i>
Body-Kinesthetic	When you can really 'DO' the groove. Mick again, Bangarra Dance Theatre in spadefuls. NCP! <i>What does your body inform you about your client?</i> <i>What does your body inform you about you in session?</i>
Visual – Spatial	Excellent for building cathedrals, arranging cushions and enormous jewellery. Do not go past Iris Apfel . <i>What is the architecture of your most effective sessions?</i> <i>Does your client come with a colour palate in your mind's eye?</i>
Interpersonal	Understanding deeply the other. Andrew Denton a local, contemporary, journalistic flag bearer. <i>How do you contact and respect the motivations and values of your client?</i>
Intrapersonal	Understanding deeply your self. See all forms of artistry by Michael Leunig . <i>What do you bring to your sessions with clients and their bodies? What does your client touch in you? How to you stay calm and focused around that?</i>