



AMERICAN  
NUTRITION  
ASSOCIATION

# Become a CNS Supervisor

For IFMCPs



The American Nutrition Association (ANA) welcomes IFMCP practitioners to become supervisors for Certified Nutrition Specialist (CNS) candidates. CNSs are advanced degreed personalized nutrition professionals. As such, your participation as a CNS supervisor offers you and your practice many benefits:

- It provides you with an excellent opportunity to fully integrate nutrition into your practice through the services of a highly qualified CNS candidate, resulting in enhanced outcomes for your patients.
- You will not only help advance the career of this professional, but you will support the mission of nutrition as a foundational tool in the prevention and management of chronic disease.
- Helping a nutrition professional grow will broaden your own knowledge base and clinical nutrition skills.

CNS candidates must complete 1000 hours of clinical practice experience under the supervision of a qualified practitioner, such as an IFMCP. The Supervised Practice Experience (SPE) is designed to allow each candidate to craft a program that matches their individual career goals. The SPE may be gained through in person work at your clinic or in a remote, telehealth setting. Qualified supervisors may supervise part or all of the required hours.

## The CNS

The CNS is the most advanced certification for personalized nutrition practitioners. The CNS credential demonstrates to colleagues, clients, employers and the public the knowledge and proficiency required and earned to practice science-based personalized nutrition therapy to power people to health. CNSs are spearheading the transformation from population-based to personalized nutrition, and from disease care to authentic health care. To achieve the CNS an individual must earn a minimum of a master's degree in nutrition or a related health science, complete specified coursework requirements, achieve a passing score on the vigorous Certification Examination for Nutrition Specialists, and document achievement of a set of clearly defined practice competencies in 1000 hours of SPE.

## CNS Supervisor Qualifications (for IFMCP Practitioners)

All CNS supervisors must be legally permitted to practice medical nutrition therapy in the state in which they practice and in the state in which the client resides.

CNS Supervisors must have a minimum of 3 years full-time clinical experience applying Personalized Nutrition in practice after obtaining one of the following degrees or credentials:

1. Current CNS credential;
2. Master's of science or doctoral degree in a field of nutrition/dietetics from a regionally accredited institution;
3. Current license to practice as MD/DO with didactic training or education and experience in clinical nutrition as documented by 75 CE credits or the equivalent over the past 5 years (such as IFMCP);
4. Doctoral-level degreed health professional (e.g. ND, PharmD) who meets curriculum eligibility requirements for CNS and who is legally permitted to practice medical nutrition therapy in the state of practice. Doctors of Chiropractic (DCs) must also have a CNS or MS, Nutrition degree.

## CNS Supervisor Responsibilities

- Assist each candidate in tailoring an experience that meets the CNS SPE requirements, [CNS SPE Competencies](#) and the candidate's career goals.
- Hold regularly scheduled sessions with the candidate. Meetings may be held in-person or remotely. A minimum of one hour supervision is required for every 40 hours the candidate works toward meeting the competencies.
- Review and approve each of the 5 [Personalized Nutrition Case Reports](#) completed by the candidate. This report is intended to be used as a teaching tool for implementation of the PN care process.
- Complete and submit the [CNS Supervisor's Report](#) for each candidate supervised for approval by the BCNS Credentials Council.
- Assume responsibility for the candidate's work.
- Any financial arrangements are between the supervisor and supervisee. The BCNS sets no criteria.

## Telehealth Opportunities

- Candidates may conduct nutrition counseling sessions with clients remotely, provided the regulations of both the state in which the practitioner (eg. The supervisor) practices and the state in which the client resides are followed.

- In some states, the supervisor must be licensed to practice nutrition in the state in which the candidate resides. Regulations have been modified due to the COVID pandemic. Refer to <https://theana.org/advocacyCV19>
- For more information on regulatory issues, refer to <https://theana.org/advocate>

## How to Apply

- Please complete ALL PARTS of the [Supervisor Approval Application](#). Please be sure to include "IFMCP" on line #4 as part of your title.
- Submit to [Applications@NutritionSpecialists.org](mailto:Applications@NutritionSpecialists.org) along with your current resume/CV.
- Applications are reviewed by the BCNS Credentials Council. Please allow 1-2 weeks for a response.
- After you are approved as a supervisor, please complete the one-page [Supervisor Approval Addendum](#) for each candidate you supervise.
- For more information, please contact [DSlutsky@TheANA.org](mailto:DSlutsky@TheANA.org).

Here's what a few CNSs said about working with an IFMCP as their supervisor:

*The knowledge gained from Dr. Fitzgerald, Dr. Litwin, and the nutrition team has been invaluable. Their expertise and experience in the functional medicine community has increased my knowledge and confidence and will definitely set me apart in the field as a Certified Nutrition Specialist. I have learned so much!*

**-Mary Ellen Valverde, MS, CNS**

*Dr. Kara Fitzgerald's Nutrition Team offers a wealth of resources and learning opportunities through the nutrition residency/internship program. The collaboration between nutrition and medical professionals is unique and engaging. I would recommend the program to emerging nutritionists interested in expanding their skills and gaining a breadth of experiences.*

**-Susan Bentsen, MS, CN, RN**