

Activating and Empowering your patients

- a skills development course



A clinician's goals when working with a patient with one or more chronic health problems include helping them to become more involved in their own care, as well as becoming more ready and confident to make healthy lifestyle changes. The skills needed to achieve these goals may be different from those needed in dealing with acute ill-health episodes, where diagnosing, treating and telling the patient what to do may be the norm. When it comes to activating and empowering patients to make behaviour changes, telling them what's wrong with them and telling them to change can get in the way.

Fortunately, new and improved approaches to helping people with chronic health problems improve their own health and wellbeing have been developed, and these approaches also seem to improve clinician wellbeing as arguments and conflicts with patients over behaviour change seem to melt away. This short course helps you to develop these skills.

Course Outline

- Welcome and Introductions
- Review of Current Practice
- Issues and problems with patient behaviour change
- What works? *Developing a guiding style of communication*
- Core Concepts: *Intrinsic motivation, self efficacy, readiness, resistance and change talk*
- Principles: *RULE - Resist the righting reflex, Understand your patients dilemma and motivations, Listen to and Empower your patient*
- Using patient language to guide your practice: *Rolling with resistance. Eliciting, recognising and developing change talk*
- Helpful Tools and Strategies: *Setting the scene, Agreeing the agenda, Typical day, Decisional Balance, Building readiness and confidence, Two possible futures, Exploring options, Agreeing goals, Agreeing a plan, Building commitment and Preventing relapse.*
- Getting better at evidence-based health coaching

Course Format

- 2 x one day learning events, 3-4 weeks apart
- Presentations, live and video demonstrations, self assessment, small group practice with coaching and feedback, discussions.
- On-line, web-based course (not assessed)

Why you should attend:

- Help you get better results with your patients
- Help you deliver more patient centred care
- Help you develop individualised care plans
- Help improve your own wellbeing at work
- Certificate of attendance +- CPD credits (course being validated with the Open College Network)

The Presenter

Dr Tim Anstiss is a medical doctor who has trained in a range of empirically supported methods (cognitive behaviour therapy, motivational interviewing and positive psychology) and had used these methods with patients in a range of settings including cardiac rehabilitation, chronic pain, psychiatry, weight loss, drug and alcohol, occupational health and community. A popular coach and educator who has written several articles, book chapters and presented at international conferences, Tim has been training health and social care professionals in these 'health coaching' approaches for several years.