

HEALTH BEHAVIOUR CHANGE

Using Motivational Interviewing

Do you address any of the following issues with patients or clients?

**ALCOHOL CONSUMPTION – DIET – DRUG USE – PHYSICAL
ACTIVITY – SMOKING – TREATMENT COMPLIANCE**

If so, then this is the course for you!

What is Health Behaviour Change?

Health Behaviour Change is the application of the principles and techniques of Motivational Interviewing in healthcare settings. It is a powerful approach for **facilitating positive change** among patients, and clients, as well as delivering other interventions, such as health education.

What will I get out of the course?

This three day course will prepare you to use the Health Behaviour Change approach. The extensive skills-based programme includes:

- Psychological skills to enhance your practice
- Assessing and responding to client motivation
- Applying Motivational Interviewing theory in practice
- Responding to resistance – understanding what works

Trainers

Courses are delivered by local trainers. They blend a wide experience of Health Behaviour Change practice, with relevant theory, in a framework of effective learning to create a valuable learning experience.

Who should attend?

The course is open to all practitioners whose remit includes addressing health behaviour change with clients in the NHS, local Government or voluntary sector settings. No prior training in health change or motivational interviewing is necessary, however participants are required to attend for the three full days of the course. Places are limited so register early to avoid disappointment.

Course details

Courses are held throughout the year at Tayside wide venues (2010 dates shown overleaf). The three day course comprises of two full days, with one full day follow up four weeks later. Courses are free of charge with tea and coffee provided, however participants should bring, or purchase, their own lunch (dining facilities on site).

IF THIS IS THE COURSE FOR YOU THEN CONTACT
coursebookings.tayside@nhs.net

TO REGISTER

HEALTH BEHAVIOUR CHANGE TRAINING DATES 2010

DATES	VENUE
17 th & 18 th March and 22 nd April	<i>Room D, Stracathro Hospital, By Brechin</i>
10 th & 11 th May and 9 th June	<i>Esk Room, Ashludie Hospital, Monifieth, by Dundee</i>
14 th & 15 th June and 13 th July	<i>Meeting Room, St Margaret's Hospital, Auchterarder</i>
10 th & 11 th August and 16 th September	<i>Esk Room, Ashludie Hospital, Monifieth, by Dundee</i>
6 th & 7 th September and 11 th October	<i>Seminar Room, Royal Victoria Hospital, Dundee</i>
20 th & 21 st October and 23 rd November	<i>Room D, Stracathro Hospital, By Brechin</i>
15 th & 16 th November and 14 th December	<i>Esk Room, Ashludie Hospital, Monifieth, By Dundee</i>
6 th & 7 th December and January 2011 (date to be confirmed)	<i>Meeting Room, St Margaret's Hospital, Auchterarder</i>