

CHOICES AND CHANGES

Clinician Influence and Patient Action

Overview

Clinicians frequently express frustration about patient behaviour and the impact of that behaviour on health outcomes. Modern delivery systems, with their economic pressures, have brought a new focus to the concern for patient health behaviours. Choices and Changes (C&C) is directed to the needs of clinicians working within the rigors of contemporary health care. Historically, patient motivation and behaviour were viewed as the domain of the patient. The implied assumption was that the clinician could do little more than provide information to influence the patient's actions. We now know this to be an inaccurate assumption about the dynamic that takes place between clinician and patient.

Program Description

Choices and Changes provides clinicians with an opportunity to explore their own beliefs about the change process and to test out these beliefs against the empirical literature that has developed during the past twenty years. The program also provides the clinician with specific strategies that can be utilized within the highly time limited constraint of the typical visit.

Choices and Changes is designed for small groups of 6-20 participants. It uses videotaped case studies as a vehicle for small group interaction around realistic issues involving patients who are struggling to make positive lifestyle changes. Participants also practice using strategies with live case situations and receive feedback from their peers.

Learning Objectives

By the end of the workshop participants will be able to:

- Describe the role of the clinician as a facilitator of change
- Identify specific strategies to assess the clinician's role in the change process
- Describe 2 skills to influence changing patients' behaviour, which apply to situations in the clinical setting and
- Demonstrate techniques to use in clinical settings to influence change

If you are interested in learning more about this FREE workshop or would like to hold a workshop within your organization, please contact us at:

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