

Living Healthy Champlain offers workshops for health care professionals that will help them to support their patients/clients in making behaviour changes based on their own motivations, and empower them to self-manage their chronic conditions.

In addition to workshops, we offer individual and group coaching, implementation support and ongoing organizational support.



Advanced Behaviour Change Workshops

For organizations that have received previous training in Choices and Changes, Brief Action Planning, or Motivational Interviewing. Sessions are determined by which behaviour change skills your organization would like to further develop. Options include:

- Advanced Motivational Interviewing Skills
- Brainstorming, group discussion, or case studies
- Other topics tailored to your organization

Connect

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All sessions are free and can be offered on-site at your organization anywhere in the Champlain region.



TRAINING FOR HEALTHCARE PROVIDERS

FREE Behaviour Change Support Training Sessions & Workshops



www.livinghealthyhamplain.ca

Behaviour Change Workshops

Choices and Changes: Motivating Healthy Behaviours is designed to help health care providers support their clients in changing health behaviors. Using the Conviction and Confidence model, Stages of Change, and behaviour change research evidence, healthcare providers will be able to tailor interventions to increase conviction and confidence around a client's specific behaviour change.

Brief Action Planning (BAP) is a self-management support technique that involves using a structured step-by-step process to help individuals set goals and make concrete action plans. For clients who are ready to make changes, BAP uses elements from Motivational Interviewing, behaviour change theory and additional research to create a clear set of questions and skills to guide you in supporting a client make an action plan, and take actionable steps towards change..

Motivational Interviewing (MI) is a collaborative conversation style to strengthen a person's own motivation and commitment to change. Through this introductory workshop, you will develop the knowledge and skills in MI designed to help your clients explore and resolve ambivalence related to behaviour change.

These workshops require between 6 and 24 participants, and the typical length is about 6 hours (including lunch and break time).



Additional Workshop Topics

These topics are typically offered as one hour sessions. Sessions can be lengthened or combined depending on the needs of your organization.

Introduction to Health Coaching

Learn about chronic illness in Canada and how health coaching can help influence behaviour change for your clients, and increase success in reaching their goals.

Health Literacy

An essential element of actively participating in one's own health is health literacy, yet over 60% of Canadians lack the ability to obtain, understand and act on health information and services. Learn about health literacy, barriers, and solutions that can help you, your patient, and your organization to address this critical issue.

Medication Reconciliation

Maintaining a medication list is an important tool in self-management for clients. Learn more about medication lists, ways to complete a reconciliation with a client, as well as barriers and interventions related to medication adherence.

Agenda Setting

Using Motivational Interviewing techniques, learn how to create and negotiate an agenda with your patient, so that concerns can be more effectively managed during the appointment.

Action Planning

Action Planning is one of the most common tools used in patient self-management when they are ready to start taking steps in making a behaviour change. Learn how to support patients in setting self-directed, meaningful and measurable goals.

Strength-Based Approaches to Care

To empower patients and build their self-confidence to make behaviour changes, it's important that we can identify and build on their own strengths and experiences. Learn about approaches, ways you can collaborate with your client, and help strengthen their own motivation for change.

Topics in Motivational Interviewing (MI)

As an alternative to our day long training on MI, specific topics can be addressed in this shorter workshop. Contact the Training & Outreach Facilitator to discuss what would be best for your organization.

