



Centre for Education & Development

Introduction to Behaviour Change

Thursday 29 May 2008, 9.30 am to 4.30 pm

Room M303 (32), George Moore Building, Glasgow Caledonian University, Glasgow

Facilitator: Nathalie Jones

Aim

To introduce the concept of behaviour change and begin to develop the knowledge and skills required to use behaviour change strategies as tools in dietetic consultations.

Learning Outcomes

By the end of the one-day course dietitians will:

- Have a greater understanding of the different behaviour change strategies effective in facilitating change.
- Be able to identify patients at different stages in their cycle of change and to be able to suggest appropriate interventions for each stage.
- Have had an opportunity to experience the use of motivational interviewing strategies through role play.
- Be confident in using some motivational interviewing techniques to facilitate change by exploring ambivalence and overcoming resistance.

Programme

09:30	Coffee and Welcome	13:00	Lunch
10:00	Behaviour Change – what, why, who and how?	13:45	Workshop 2: Directional versus motivational approaches
10:45	Stages of change	14:15	Handling “Frustrating” patients
11:15	Coffee break	15:15	Coffee Break
11:30	Workshop 1: The stages of change	15:30	Tools for change
12:00	Motivational Interviewing	16:30	Close

Registration and Contacts

To register for this event, please forward a registration form with your payment to the Centre for Education & Development by the **15th May 2008** at the latest. Please check with the Centre that places are available.

The course cost is £95 for BDA members and £120 for non-members.

Registration forms are available from the Centre ced@bda.uk.com or from the BDA website www.bda.uk.com

Place numbers are limited and are issued on a first-come with payment, first-served basis. Please note that places cannot be confirmed until payment is received.

The Centre recommends that travel arrangements are not made by participants until after the closing date for the receipt of registrations has passed and confirmation of a place has been received. Please note that confirmation of a place does not guarantee that an event will be run.

Please direct queries to:

Centre for Education and Development
The British Dietetic Association, 5th Floor, Charles House, 148 Great Charles Street, Birmingham, B3 3HT
T: 0121 200 8080 F: 0121 200 8081
E: ced@bda.uk.com

Location and Maps

The training course will take place at Glasgow Caledonian University, Glasgow. It will be in room M303 (32), George Moore Building.

Glasgow Caledonian University is situated at the heart of the City of Glasgow, the largest city in Scotland, close to all major transport links. The university is situated within walking distance of both Queen Street Station and Central Station. No parking is available on campus, there is ample space available at the nearby Concert Hall car park and the Buchanan Galleries.

Please visit the Glasgow Caledonian University website for travel directions and maps for the campus and surrounding area:

<http://www.gcal.ac.uk/the-university/global/contactmaps/index.html>