

Introducing the Principles and Practice of Behaviour Change

This course is designed for dietetic practitioners at all levels, wishing to develop or enhance their knowledge and skills in relation to promoting behaviour change with service users. It is ideally suited for registered dietitians returning to practice or those who desire to update their knowledge, assistant practitioners or support workers.

This one-day course is a mix of theory and practice. It will introduce the subject of behaviour change and the person-centred approach including some of the evidence base and policy. There will also be some practical activities to help develop your communication skills for working in a person-centred way.

There will be time spent introducing more advanced skills such as motivational interviewing and cognitive behavioural strategies. You will leave having reflected on how you work and with ideas on the next steps to develop your skills further.

Intended Audience:

This is an introductory course, which outlines the principles of behaviour change. It is thus aimed at the following core audience:

- registered dietitians
- returning to practice or those who desire to update their knowledge,
- assistant practitioners or support workers.

Learning Outcomes:

By the end of the course (including the pre- and post-course reading) participants will:

1. Be aware of the principles of taking a person-centred approach
2. Be able to explain some of the supporting evidence base and policy for the use of a behavioural approach
3. Have considered the service user perspective of a dietetic consultation
4. Have had the opportunity to practice some key behaviour change skills, including active listening and dealing with some challenging situations, within a supportive environment
5. Have been introduced to the concept of key behavioural approaches including goal setting and more advanced skills such as motivational interviewing.
6. Have had the opportunity to reflect and consider how to enhance their behaviour change skills back in practice.

More Information

Please direct queries to:

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