

## About the Course

This course is based on the philosophy of solution focused practice and is designed for health and exercise professionals who work face-to-face with patients. Solution Focused Practice empowers patients to make positive changes in their lives.

This course will equip professionals with the skills to:

- Help patient's identify aspects of life they wish to change;
- Support patient's in constructing a vision of their 'preferred future';
- Identify what patient's are already doing that is working;
- Encourage and measure progress.

This dynamic course utilises a mix of slides, real patient video examples and discussion. Practical exercises are built into the course to make it possible for participants to immediately embed their new skills into practice in everyday patient interactions.

Each participant will receive a comprehensive course manual and two months of email support from the trainer.

## About the Training Partnership

Garrath Ford//Solution Focused Practice, is a freelance solution focused practitioner who works as a training consultant for, and on behalf of, the BHF National Centre for Physical Activity and Health. Garrath has a background in sport and exercise sciences and has experience of setting up an innovative counselling service for morbidly obese patients and a service for patient self-management of long-term conditions. Garrath trains professionals from a range of disciplines on how to integrate solution focused practice into routine consultations with patients.

The National Centre's set up the course in 2007 as way to equip professions with the skills and confidence to deliver 'personal and responsive' health services which genuinely focus on primary prevention, and promote health and well-being.

To find out what previous participants thought about the course download a recent evaluation report at: [www.bhfactive.org.uk/primary-care/training.html](http://www.bhfactive.org.uk/primary-care/training.html)

Or for further information about the course, please contact: Kim Buxton, Primary Care Project Manager: Tel: 01509 223267; email: [K.E.Buxton@lboro.ac.uk](mailto:K.E.Buxton@lboro.ac.uk)

## Who is this course for?

This course will be beneficial to a wide range of professionals who work face-to-face with patients, for example:

- ♦ **General Practitioners**
- ♦ **Practice Nurses**
- ♦ **Health Visitors**
- ♦ **Cardiac Rehabilitation Nurses/Exercise Instructors**
- ♦ **Exercise Referral Coordinators**
- ♦ **Community Pharmacists**
- ♦ **Occupational Therapists**
- ♦ **Physiotherapists**
- ♦ **Health Trainers**
- ♦ **School Nurses**
- ♦ **Dieticians**

## 2010 Course Dates

22<sup>nd</sup> & 23<sup>rd</sup> June 2010  
&  
14<sup>th</sup> & 15<sup>th</sup> September

**Venue:**  
Loughborough University,  
Leicestershire

**For In-House:**  
Call 01509 223329 if you  
would like information on  
In-House Training for your  
organisation.

## What professionals are saying about solution focused practice ...

*"Excellent 2 days, thoroughly enjoyable and enlightening. I feel enthused about applying principles to my practice".*  
General Practitioner

*"I will be able to use a large proportion of this training in my job role & help clients to be more self-aware of their achievements to date."*  
Health Trainer

**Course Evaluation Feedback:**  
**97% of previous course participants would recommend 'Brief Interventions' to other Health Professionals.**

*"I feel my counselling skills have improved considerably since attending the course."*  
Smoking Cessation Co-ordinator

*"Fantastic course - feel very inspired - dedicated & inspirational trainer!"*  
Practice Nurse

*"I just wanted to tell you how absolutely superb the above course was."*  
Occupational Therapist

# Application Form

Please print clearly; it is permissible to photocopy this form for other participants.

Name..... Job Title.....

Organisation.....

Address.....

Tel. No..... Email.....

Please indicate below if you have any specific needs, e.g. wheelchair access, dietary requirements:

Please state preferred course dates: .....

Course Fees (please tick relevant box):

Statutory Sector = £200.00       \* Voluntary Sector = £158.60

Voluntary sector fee applies to charitable organisations/social enterprises/students - please supply applicable:

Charity No: ..... Student NUS No:.....

## PAYMENT METHOD:

**Cheque:** I enclose a cheque made payable to 'Loughborough University'

**Invoice:** I wish the BHFNC to invoice my organisation using the following purchase order number:.....

**BACS:** I enclose BACS remittance advice quoting ref. **S10464** confirming payment.

Barclays, Bishop Meadow Branch, Loughborough

Sort Code: 20-52-69 Account: 50682047

**Credit Card:** Please debit my Visa/MasterCard/Switch

(sorry we are unable to accept American Express or Diners cards)

Cardholder's name: .....

Card No. ....

Valid from: ..... Expiry Date: .....

Issue No. .... Card Security Code: ..... (This is the last three digits of the number printed on the back of your card)

Signature: .....

Card Billing Address .....

Please return booking form by post, fax or email:  
Mrs Sarah Wortley, BHF National Centre  
Loughborough University, Leicestershire, LE11 3TU.  
Tel: 01509 223329 Fax: 01509 223972  
S.A.Wortley@lboro.ac.uk

**Cancellation Policy**  
There is no charge for cancellations received 60 or more days before the start of the course.  
Cancellations received 30-59 working days before the start of course are subject to a cancellation fee of 25% of course fees.  
Cancellations received 16-29 working days before the start of course are subject to a cancellation fee of 50% of course fees.  
Cancellations received 0-15 working days before the start of course are subject to a cancellation fee of 100% of course fees.  
If a participant fails to attend the course, the full course fees are payable.



# Brief Interventions: Improving Patient Interactions

A two-day introductory course aimed  
at professionals working one-to-one with patients  
in a physical activity setting.

This innovative course introduces:

... A creative approach to working  
productively with patients;

... Skills to empower patients to  
take responsibility for their health.

... Ways of helping patients to adopt healthier lifestyles.

... Practical solutions that connect  
to patients' priorities and needs.

**Book 3 or more places  
& receive 20% discount**