

**About the course:** This course, based on solution focused practice, is designed for health and/or exercise professionals who work face-to-face with patients. Solution focused practice facilitates patients making 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;
- To support patient's in constructing a vision of their 'preferred future';
- To identify what patient's are already doing that is working;
- To 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:** This course is a partnership between the BHF National Centre for Physical Activity and Health and Garrath Ford//Solution Focused Practice.

The Centre's primary agenda is the translation of research evidence to improve and extend the practice of promoting physical activity in the UK. The centre works across several key areas for the promotion of physical activity including primary care, older adults, workplace and young people.

Garrath Ford has a background in sport and exercise science and now works as a freelance Solution Focused Counsellor and Trainer. Garrath has experience of setting up an obesity counselling service and a counselling service for patient self-management of long-term conditions. Garrath trains health and exercise professionals in how to integrate Solution Focused Practice into routine consultations with individuals.

The centre set up the course in 2007 primarily in response to NICE (2006) Physical Activity Guidance on Brief Interventions in primary care and as a way to equip professionals with the skills to deliver 'personal and responsive' health services which genuinely focus on primary prevention, and promote health and well-being .

The BHF National Centre commissioned Garrath to run the first course in 2007 in partnership with the Government Office East Midlands. Following the success of this course further courses have been delivered with very positive evaluations.

To read the evaluation reports go to:

[www.bhfactive.org.uk/primary-care/training.html](http://www.bhfactive.org.uk/primary-care/training.html)

## 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**

### Further course dates due to high demand:

21<sup>st</sup> & 22<sup>nd</sup> September 2009  
&  
23<sup>rd</sup> & 24<sup>th</sup> November 2009

**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."*  
Previous course participant

*"Fantastic course - feel very inspired - dedicated & inspirational trainer!"*  
Previous course participant

*"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

**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. <small>(Switch only)</small>	[ ][ ][ ]	Card Security Code:	[ ][ ][ ] <small>(This is the last three digits of the number printed on the back of your card)</small>
Signature:			
Card Billing Address			

**Please return booking form by post, fax or email to:**  
Mrs Sarah Wortley, BHFNC for Physical Activity & Health, Loughborough University  
Leicestershire, LE11 3TU. Tel: 01509 223267 Fax: 01509 223972 [S.A.Wortley@lboro.ac.uk](mailto:S.A.Wortley@lboro.ac.uk)



# Brief Interventions: Improving Patient Interactions

**A two day introductory course aimed at all professionals working one-to-one with patients in the health, fitness and/or the leisure**

**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**