



# Brief Interventions: Improving Patient Interactions

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

**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.*

**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
- Exercise Referral Coordinators
- Community Pharmacists
- Occupational Therapists
- Cardiac Rehabilitation Nurses/Exercise Instructors
- Physiotherapists
- Health Trainers
- School Nurses
- Dieticians

Due to high demand ...

### Course Dates:

Monday 11<sup>th</sup>  
& Tuesday 12<sup>th</sup> May 2009

### Venue:

Loughborough University,  
Leicestershire

### For In-House:

Call 01509 223264 if you  
would like information on  
In-House Training for your  
organisation.

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

*"Wonderful... you can use it in  
almost any consultation and  
improve the quality of it."*

*General Practitioner*

*"I would argue for Solution  
Focus*

*to be built into the core  
training of health care  
professionals"*

*Speech & Language Therapist*

*"The most useful training I  
have done in 15 years."*

*School Nurse*

*"I will be basing my work  
around this training"*

*Previous course participant*



BHF National Centre  
**physical activity+health**



GARRATH FORD // Solution Focused Practice

## 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**

### Details for payment

I enclose a cheque made payable to Loughborough University

I enclose remittance advice (BACS payment)

### BACS payment:

Barclays, Bishop Meadow Branch

Loughborough

Sort Code: 20-52-69

Account: 50682047

Please quote reference: J10888

### Please return to:

Mrs Sarah Wortley

BHFNC for Physical Activity & Health

Loughborough University

Leicestershire LE11 3TU

Tel: 01509 223267

Fax: 01509 223972