



# Patient Empowerment: Using a Solution Focused Approach

This skills-based course introduces health and exercise professionals to Solution Focused Practice. This is a revolutionary new approach to working face-to-face with patients which empowers them to make positive health-related changes in their lives.

This training can equip your team with the skills to:

- help patients identify aspects of life they wish to change
- support patients in generating their own solutions to their problems
- use patients' skills and competencies to facilitate change
- encourage and measure progress.

...in the comfort of your organisation



**GARRATH FORD**  
Solution Focused Health Improvement



BHF National Centre  
**physical activity+health**

Funded by



## Benefits of in-house training

Besides gaining valuable up-to-date solution focused techniques, holding in-house training will provide the following for your organisation and team.

- An opportunity to learn the same philosophy as a team, giving valuable opportunity for participants to practice new techniques with their co-workers.
- An opportunity for our trainer to assist your team with problem solving techniques for specific scenarios faced during their working day.
- ‘Flexible learning’ - offering a tailored in-house training programme to fit around your organisation’s busy schedules.



## Feedback from previous training

*“I believe I will be able to use a large proportion of this training in my job role as a Health Trainer and get clients to be more self-aware of the achievements to date.”*

*“Everyone loved it and went away with a new set of skills, feeling thoroughly motivated! Everyone spoke very highly of the trainer and enjoyed his sessions!”*

*“As lead on training in our team my aim will be to incorporate this within our service.”*

*“I have been able to work more effectively with patients stuck in very negative thought processes. It has also helped with building patients self-esteem very effectively.”*



## Course evaluations show that...

**97%** of previous course participants would recommend this training to other health professionals.

## Who is the 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 co-ordinators
- community pharmacists
- occupational therapists
- physiotherapists
- health trainers
- school nurses
- dieticians.

This dynamic course utilises a mix of slides, real patient video examples and discussion. Practical exercises make it possible for participants to begin using their new skills upon returning to work. Each participant will receive a course manual.

## Training cost

The BHFNC can train teams of up to 25 participants in a dynamic and focused approach - for the same cost as sending two individuals on single day public seminars when travel costs and time away from the workplace are taken into account.

### In-house training costs:

- two-day = £2,500\*
- one-day = £1,500\*
- half-day = £1,250\*



## Training costs are on the basis of up to 25 participants and include:

- course administration and comprehensive manuals
- hand-outs and certificates
- evaluation report
- two months of one-to-one email support from the trainer
- trainer's fees and travel expenses

The host organisation will be required to book the venue and provide refreshments.

\* Subject to location of training

## Contact

If you would like further details about the course, please contact:

**Kim Buxton** Primary Care Manager  
BHF National Centre for Physical Activity and Health  
Loughborough University  
Leicestershire LE11 3TU  
Tel: 01509 226417

Or for a quote to deliver bespoke training for your organisation please contact:

**Sarah Wortley** Primary Care Admin Assistant  
BHF National Centre for Physical Activity and Health  
Loughborough University  
Leicestershire LE11 3TU  
Tel: 01509 226419 Fax 01509 226420  
email: [s.a.wortley@lboro.ac.uk](mailto:s.a.wortley@lboro.ac.uk)

## 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's previous experiences include setting up an obesity counselling service and a service for patient self-management of long-term conditions. Garrath trains professionals from a range of backgrounds on how to integrate solution focused practice into routine consultations with individuals. In 2007 the centre set up the course as a way to equip professionals 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 from [www.bhfactive.org.uk/primary-care/training.html](http://www.bhfactive.org.uk/primary-care/training.html)

Published by

British Heart Foundation National Centre for Physical Activity and Health (BHFNC), Loughborough University

T: 01509 226421 F: 01509 226420

[www.bhfactive.org.uk](http://www.bhfactive.org.uk)

Supported by

