

Primary Certificate in

Motivational Interviewing informed

Health Coaching For Weight Loss



22nd / 23rd November 2007

De Vere Hotel and Conference Centre
Gorse Hill, Hook Heath Road
Woking, Surrey
GU22 0QH

Presented by

Dr Tim Anstiss

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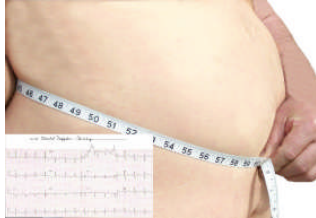
Director: Institute of Health Coaching
Principal Lecturer in Behavioural Medicine
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INSTITUTE OF
HEALTH COACHING

Background

Obesity is one of the biggest threats facing the health of the Nation today. It is a health problem in its own right as well as increasing the risk of, or exacerbating, a wide range of other conditions including CHD, Hypertension, Diabetes, Varicose Veins, PVD, Arthritis, Back Pain, Depression and Cancer. The cost to individuals, families, firms and the NHS runs into billions, and the condition is becoming more common, including amongst children.



Many health professionals spend significant amounts of time encouraging people to become more physically active, change their eating habits and/or change their beliefs. But we are often not as successful as we would like. Health behaviour change is difficult, and failure (or relapse) a common outcome. One reason may be that we have failed to sufficiently mobilise the persons internal motivation to change, or sufficiently assessed and developed their confidence or “self-efficacy”. We also may have left them with some specific unhelpful beliefs, which get in the way of them commencing and persisting with behaviour change.

This intensive 2 day skills workshop builds on your existing knowledge and skills to help you become more effective still at helping your patients / clients lose weight - and keep it off. And the skills we teach are not specific to weight loss. You will find them useful when working on other aspects of lifestyle change.

MI-informed Health Coaching draws on the latest research findings regarding what works in weight loss and combines the principles, strategies and tools from motivational interviewing with insights from cognitive behavioural and coaching psychology. The approach is evidence-based and theory driven. Attendees will be given ample opportunity to reflect on their current practice, integrate new concepts, practice new skills and gain confidence in the approach.

Course Description

This workshop combines presentations with live demonstrations, discussions, self assessment exercises, supervised practice and feedback. It provides attendees with a range of powerful approaches and techniques to help their patients and clients change their behaviour, thinking patterns and environments in ways likely to result in weight loss, improved health, improved wellbeing and quality of life.

Course Outline

- Welcome and Introduction. Aims and Objective of the Course
- Current Practice and Frustrations
- Psychological aspects of Obesity and Weight Loss. What works in Weight Loss?
- Origins, Evidence and Theoretical Underpinnings of Health Coaching
- Core Concepts
 - Readiness ○ Autonomy ○ Confidence ○ Internal Motivation
 - Resistance ○ Ambivalence ○ Discrepancy ○ Health Enhancing Beliefs
 - Responsibility ○ Empathy
- Core Skills
 - Empathic Listening ○ Open Questioning ○ Rolling with Resistance
 - Summarising ○ Affirming ○ Recognising Change Talk
- Tools and Strategies
 - Setting the Scene ○ Agenda Setting ○ Exploring Options
 - Typical Day ○ Decisional Balance ○ Neutral Information Giving
 - Exploring Concerns ○ Assessing Readiness and Confidence
 - Two Possible Futures ○ Developing and Agreeing a Personalised Plan
 - Relapse Prevention ○ Monitoring and maintenance
- How to get better at Health Coaching – the 8 stages of learning MI. Your Beliefs.
- Requirements for the Primary Certificate
- Reflection and Close

Day 1: 9.30 registration and coffee. 10.00 start – 5.00 finish. **Day 2:** 10.00 start - 4.30 finish.

Who is the Course for?

This course is suitable for health, fitness and other professionals who wish to improve their effectiveness in helping their clients/patients become more active, eat more healthily, lose weight and keep it off, including:

• Nurses	• Doctors	• Physiotherapists
• Dieticians	• Psychologists	• Coaches
• Exercise Professionals	• Teachers	• OT's

Facilitator: Dr Tim Anstiss



Tim is a medical doctor specialising in health and wellbeing improvement for individuals, groups and organisations. He has a MSc Sports Medicine, a Diploma in Occupational Medicine and is a Member of the Faculty of Sports and Exercise Medicine and the British Psychological Society.

Tim has developed and managed occupational health, worksite health promotion, cardiac rehabilitation and chronic pain programmes whilst working as a doctor in the NHS. He has trained in cognitive-behaviour therapy and motivational interviewing (in which he is a trained trainer) and is passionate about discovering what works in lifestyle change, and training other professionals in proven approaches. He led the development of an MSc in Exercise and Behavioural Medicine at Thames Valley University and recently established the Institute of Health Coaching to help spread effective lifestyle counselling methods to healthcare and other professionals. A former international pole vaulter and decathlete, Tim was a contender on ITV's gladiators and appeared on the BBC series "Making Slough Happy". Tim is a popular public speaker and trainer, and creates a relaxed learning environment on his workshops.



Course Fee: £250 (+VAT)

Includes:

- Refreshments and lunch
- Comprehensive, fully referenced Health Coaching in Weight Loss Handout
- Certificate of Training Attendance
- Primary Certificate in Health Coaching (for those completing the assignment)

Certification Process

All attendees get a certificate of Attendance. To obtain the Primary Certificate in Health Coaching requires the practitioner to submit a brief written assignment analysing their actual use of the approach with a patient/client and reflecting on their strengths and areas for improvement in this area of practice. More details about the certification process will be provided on the course.

How previous attendees have described our health coaching courses:

- *"This was really helpful"* *"Very informative course"*
- *"It will allow me to be better at my job"*
- *"I found the course stimulating and thought provoking"*
- *"A great course - lots of wonderful information and skills to take away and practise"*
- *"I now plan to use MI approach with the majority of my patients"*
- *"the workshop was very motivating for me personally and I am keen to practice and use the skills in my work"*

Primary Certificate in Health Coaching for Weight Loss

Registration and Booking Form

Title _____ First Name _____ Surname _____

Profession _____ Position _____

Organisation _____

Address _____

_____ Post Code _____

Telephone _____ E-mail _____

PAYMENT

- I enclose a cheque for £293.75 (£250 +vat) made payable to Strategic Health Ltd
- Please invoice me for £293.75 (£250 +vat)
Address for Invoice::

Please forward your completed registration form with payment to:

Strategic Health Ltd
26 Lossie Drive
Iver
Bucks
SL0 0JS

or e-mail your details to: shl@btinternet.com

Any questions or queries? Call us on 07973 255 946

Terms and Conditions

It is a condition of registration that full payment is received prior to the commencement of the event. If after registering for the event you find yourself unable to attend, we will refund 100% if notice is received 30 days or more from the event, and 50% for cancellations received 11-29 days from the event. Cancellations within 10 days prior to event attract no refund. You can at any time, however, substitute a replacement at no charge.