

# Self-Management Workshops for Health Care Professionals

The Central East LHIN Self-Management program offers workshops for health care professionals to equip them with evidence-based communication strategies to support health behavior changes in clients with chronic conditions.

## Introductory Workshops

**Choices and Changes: Motivating Healthy Behaviours (Choices and Changes)** provides health care professionals with efficient and effective tools to help motivate clients to make health behavior changes and promote adherence to treatment plans.

- Learn two theoretical models of behavior change that can guide conversations with clients
- Review and practice three (3) core communication skills that help develop therapeutic relationships with clients
- Developed by the Institute for Healthcare Communication (IHC) and accredited by Accreditation Council for Continuing Medical Education (ACCME)

**Brief Action Planning (BAP)** is a highly structured, client-centered model based on the principles and practice of Motivational Interviewing (MI).

- Learn an efficient model to facilitate client goal-setting and action-planning that can be completed within 5-10 minutes
- Participate in at least two (2) practice calls led by a skilled facilitator after the workshop in order to receive a certificate
- Developed by The Centre for Collaboration, Motivation and Innovation (CCMI)

**The Empathy Effect: Countering Bias to Improve Health Outcomes** is an interactive workshop that introduces six essential techniques to express empathy and enhance communication.

- Identify cues that convey judgement and impair therapeutic relationships
- Learn and practice strategies to effectively convey empathy
- Developed by the Institute for Healthcare Communication (IHC) and accredited by Accreditation Council for Continuing Medical Education (ACCME)

## Who should attend?

- Health care professionals who have a role in motivating individuals to make healthy changes
- Health care administrators
- Students enrolled in health-related programs

**All workshops are offered at no cost to participants.**

**For more information**  
**[www.ceselfmanagement.ca/hcpworkshops](http://www.ceselfmanagement.ca/hcpworkshops)**  
**or call 1 866 971-5545**

