



# Brief Action Planning

Efforts are needed to assist and empower patients to actively self-manage health behaviors that influence chronic illness outcomes.

By providing self-management support, individuals can experience fewer symptoms, improved quality of life and lower use of health care resources

## WORKSHOP OBJECTIVES

- Learn how to assess patients' confidence and commitment to engage in health behavior change
- Learn skills to influence change in patients' health behaviors
- Learn techniques to use in clinical settings to promote adherence to treatment plans and encourage follow-up for reflection, reassurance and next steps

- \* Offered at **NO COST**
- \* Awarded a certificate of completion that can be used towards Professional Development credits

## COURSE OVERVIEW

- Format is to provide health care providers with an opportunity to learn specific, brief and efficient communication strategies
- Based on theories, principles and practices of Motivational Interviewing (MI) and the evidence-based literature of behaviour change, drawing specifically on self-efficacy and action planning theory and research
- Designed to acquaint the participant with the literature, theory and techniques for promoting change in health behavior and supporting self-management

## UPCOMING WORKSHOPS

**Thursday December 6, 2018**  
1:00pm—5:30pm

**weCHC-Pickwick Site**  
7621 Tecumseh Rd E, Windsor

Visit the following link to register:  
[https://bap\\_dec6\\_2018.eventbrite.ca](https://bap_dec6_2018.eventbrite.ca)

**Thursday January 17, 2019**  
9:00am—2:00pm  
\*lunch will be provided\*

**weCHC-Pickwick Site**  
7621 Tecumseh Rd E, Windsor

Visit the following link to register:  
[https://bap\\_jan17\\_2019.eventbrite.ca](https://bap_jan17_2019.eventbrite.ca)

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