

# Health Care Provider: Self Management Support Training Workshops

## Brief Action Planning:



Brief Action Planning (BAP) is a **FREE**, highly structured, client-centred self-management support technique. Composed of a series of **3 questions and 5 skills**, BAP can be used to **facilitate goal setting and action planning**.

Each skill of the BAP tool is based on literature and the evolving understanding of what works and does not work to help people change. BAP is supported by evidence from behavioural science and self-management support that is grounded in the principles and practice of motivational interviewing.

BAP is currently being used in diverse care settings including primary care, home health care, rehabilitation, mental health and public health to assist and empower clients to self-manage ongoing health conditions including diabetes, depression, spinal cord injury, arthritis, hypertension, as well as disease prevention. BAP has been incorporated into teaching curriculums at medical schools, presented at health care/academic conferences and is being integrated into health delivery to support client self-management.

To learn more about Brief Action Planning please visit The Center for Collaboration, Motivation and Innovation. [www.centrecmi.ca](http://www.centrecmi.ca)

## Choices and Changes:

This **FREE**, half day workshop is provided by the Central West Self Management Program in collaboration with the Institute of Healthcare Communication. It is aimed at healthcare providers, and will help clinicians become more effective in supporting clients on their journey to improve lifestyle choices and self-management of their chronic conditions. The workshop consists of mini-lectures, interactive exercises, videotaped case studies and skill practice with peers to provide clinicians with **specific and efficient communication strategies** that can be utilized to support client-centered care. At the end of the workshop, participants will be able to identify strategies to assess an individual's motivation & readiness for change and learn skills and techniques that may help influence client behavior.

## Intended Audience For the Workshops:

Nurses, social workers, pharmacists, physicians, occupational therapists, physiotherapists, kinesiologists, dietitians, care coordinators, administrators, receptionists, policy makers, community support/outreach workers, recreation therapists, healthcare students and volunteers and all other providers who support person-centered care.

**Upcoming Workshop Dates:** See Reverse

**Upcoming BAP and Choices and Changes workshops:**

<b>2015</b>	<b>Workshop Type</b>	<b>Date</b>	<b>Time</b>
April	Choices and Changes	Wednesday, April 15, 2015	8:30am-1:00pm
	BAP	Thursday, April 30, 2015	8:30am-1:00pm
May	Choices and Changes	Thursday, May 14, 2015	8:30am-1:00pm
	BAP	Wednesday, May 27, 2015	8:30am-1:00pm
June	BAP	Thursday, June 25, 2015	12:30pm-5:00pm
July	Choices and Changes	Wednesday, July 15, 2015	8:30am-1:00pm
	BAP***	Tuesday, July 28, 2015	8:30am-1:00pm
August	Choices and Changes	Thursday, August 13, 2015	8:30am-1:00pm
	BAP	Wednesday, August 26, 2015	12:30pm-5:00pm
September	BAP	Thursday, September 24, 2015	8:30am-1:00pm
October	Choices and Changes	Wednesday, October 14, 2015	8:30am-1:00pm
	BAP	Tuesday, October 27, 2015	8:30am-1:00pm
November	Choices and Changes***	Thursday, November 19, 2015	8:30am-1:00pm
	BAP	Thursday, November 26, 2015	8:30am-1:00pm
December	BAP	Thursday, December 17, 2015	12:30pm-5:00pm
<b>2016</b>	<b>Workshop Type</b>	<b>Date</b>	<b>Time</b>
January	BAP	Tuesday, January 26, 2016	8:30am-1:00pm
February	Choices and Changes***	Thursday, February 18, 2016	8:30am-1:00pm
	BAP	Wednesday, February 24, 2016	8:30am-1:00pm
March	Choices and Changes	Tuesday, March 8, 2016	8:30am-1:00pm
	BAP	Thursday, March 17, 2016	4:00pm-8:30pm

\*\*\*Indicates workshops that will be held at Etobicoke General Hospital. All other workshops will be held at 2250 Bovaird Drive East (Basement Boardroom-Level P1), Brampton, ON

**Easy Online Registration:** For more information or to register please visit:

<https://www.cwselfmanagement.ca/choicesandchangesworkshops>

or email us at [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca) or call us at 905-494-6752 ext 6.

**Note – Workshop date and times are subject to change and will be reflected on our website.**

**These workshops can even come to your health service organization and team!**