

# MOVING TOWARDS CHANGE

SELF-MANAGEMENT TRAINING WORKSHOP FOR HEALTH CARE PROFESSIONALS

## Upcoming Workshop

ONLINE VIRTUAL CLASSROOM-- ZOOM  
March 24 + 31, 2021  
9:00am- 12:00pm

Registration is required. Registrants must attend session 1 in order to attend session 2. You must provide a valid email address to join the program

**For more information or to register, visit  
[www.wselfmanagement.ca](http://www.wselfmanagement.ca) or call  
1-866-337-3318**



*Dr. Michael T. Vallis  
Psychologist, Associate Professor,  
Dalhousie University Halifax*

## LEARNING OBJECTIVES:

- To understand the behaviour change process in order to better establish goals, methods and outcomes
- To understand the role of health care professionals in effective behavior change interventions
- To become familiar, through didactic (*primary day 1 focus*) and experiential (*primary day 2 focus*) methods, with motivational enhancement, behavior modifications and emotion management skills
- To discuss challenges to integration of these skills into clinical practice (*day 2*)
- To implement skills in your own practice setting

*Do you ever feel frustrated by your capacity to influence your patients' behavior? This 2 day workshop is designed for healthcare providers to explore the literature, theory and techniques to use for promoting change in health behavior.*

 Waterloo Wellington  
Self-Management  
Program

Self Management Program  Ontario

THERE WILL BE A \$50 NO SHOW FEE IF YOU DO NOT CANCEL YOUR REGISTRATION 72 HOURS PRIOR TO THE WORKSHOP