

Advance Notice

Behaviour Modification for Dietitians – Level 1

Dates: 16, 17 & 18 April 2007 (3xday programme)

Venue: Clady Villa, Knockbracken Healthcare Park, Belfast

Maximum No: 18

This programme is for Dietitians who are Senior I, Senior II or above and have either completed a foundation day which Dympna Pearson has organised or can demonstrate that a large component of their work involves behavioural modification.

Course Aim:

- To provide a thorough and detailed training in core counselling skills to enhance current dietetic practice and to provide a foundation for more advanced behaviour change skills courses.

Learning Outcomes:

On completion of the course, each participant should be able to:

- Understand the theory that lays the foundation of a behavioural approach.
- Appreciate the key principles that underpin this approach.
- Develop the interpersonal skills in order to work with clients more effectively.
- Accurately observe and label the skills within a well-defined model.
- Provide skilled and sensitive feedback to enhance peer learning.
- Describe and demonstrate appropriate skills in videotaped rehearsals
- Develop some behavioural strategies that will support client change.