

Do you want to get started with the Behaviour Change Counselling Development Program?

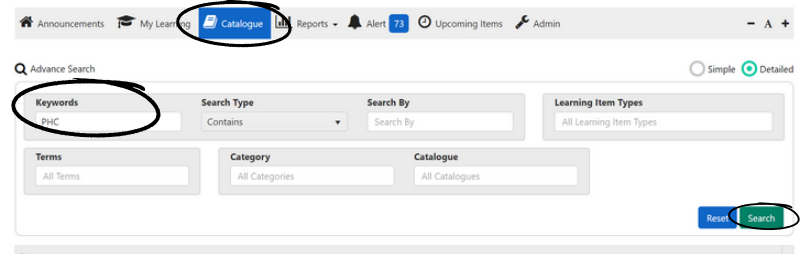
- Complete LMS Self-directed Modules
- Register in LMS for Practice Workshops

2024 Schedule is Below.

Self-directed LMS Module PHC Behaviour Change	Virtual Practice Workshop Register in LMS	Dates
Module 1 Intro and Theory	1 Ask, Listen, Summarize, Invite	Jan 4 (8:30-9:30), Sept 17 (8-9)
Module 2 Ask, Listen, Summarize, Invite	2 Non-judgmental Curiosity	Feb 1 (8:30-9:30), Oct 15 (8-9)
Module 3 Non-judgmental Curiosity	3 Motivational Argument ...	Mar 7 (8:30-9:30), Nov 19 (8-9)
Module 4 Motivational Argument, Resistance	4 Defining Behaviour	April 4 (8:30-9:30)
Module 5 Define Behaviour, Readiness	5 Readiness Assessment	May 2 (8:30-9:30)
Module 6 Behaviour Modification	6 Working with Green Lights	Jan 16 (8-9), June 6 (8:30-9:30)
	7 Working with Yellow Lights	Feb 13 (8-9), Sept 5 (8:30-9:30)
	8 Working with Red Lights	Mar 19 (8-9), Oct 3 (8:30-9:30)
	9 Sustaining the Change	April 16 (8-9), Nov 7 (8:30-9:30)
Module 7 Distress, Well-being, 4S's	10 Distress/Well-being Assessment	May 7 (8-9) Dec 5 (8:30-9:30)
	11 The 4S's	May 28 (8-9)
Module 8 Replacing the Function, Stress Reduction	12 Replacing the Function ...	June 18 (8-9)

Searching for the Modules and Workshops in LMS

- If you search "PHC" in the LMS catalogue "keywords" all of the items below will appear and then you can select the modules and workshops you are interested in.



LMS Self-directed Modules

PHC Behaviour Change:

- Module 1: **Introduction and Theory**
- Module 2: **Ask, Listen, Summarize, Invite**
- Module 3: **Non-judgmental Curiosity**
- Module 4: **Motivational Argument, Ambivalence, Resistance**
- Module 5: **Define Behaviour, Readiness Assessment**
- Module 6: **Behaviour Modification**
- Module 7: **Distress, Well-being, 4S's**
- Module 8: **Replacing the Function, Stress Reduction**

LMS Practice Workshops

Behaviour Change Counselling Development Program:

- Ask, Listen, Summarize and Invite** Practice
- Non-judgmental Curiosity** Practice
- Motivational Argument, Ambivalence and Rolling with Resistance** Practice
- Defining Behaviour** Practice
- Readiness Assessment** Practice
- Working with Green Lights** Practice
- Working with Yellow Lights** Practice
- Working with Red Lights** Practice
- Sustaining the Change** Practice
- Distress/Well-being Assessment** Practice
- 4S's** Practice
- Replacing the Function and Emotion Management** Practice