

This BCCDP Program is for Family Physicians & Nurse Practitioners and provides education, training, and support for family physicians who are interested in supporting patients to effectively activate and sustain health behaviour changes to improve health outcomes. The program uses a quality-improvement approach and includes three components that span over 12-weeks:

- 8 self-directed e-modules
- 3 self-directed action periods to integrate new learnings into practice
- 3 two-hour interactive virtual group workshops

The program runs virtually twice a year Fall and Spring

This 3-credit-per-hour group and self-learning assessment program has been certified by the College of Family Physicians of Canada and the Nova Scotia Chapter for up to 42 Mainpro+ credits.

Self-directed LMS Module PHC Behaviour Change

Module 1 ●
Intro and Theory

Module 2 ●
Ask, Listen, Summarize, Invite

Module 3 ●
Non-judgmental Curiosity

Module 4 ●
Motivational Argument, Resistance

Module 5 ●
Define Behaviour, Readiness

Module 6 ●
Behaviour Modification

Module 7 ●
Distress, Well-being, 4S's

Module 8 ●
Replacing the Function, Stress Reduction

Virtual Practice Workshop

1 Foundations of Behaviour Change:
Motivational Communication

2 Building on Behaviour Change:
Behaviour Modification

3 Comprehensive Approach to Behaviour Change: