

This BCCDP Program is for Family Physicians, Nurse Practitioners, Physicians, Medical Residents, and Medical Students. It provides education, training, and skills for providers interested in supporting patients to effectively activate and sustain health behaviour changes to improve health outcomes.

The program uses an evidence-based approach and includes three components that span over 12-weeks:

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

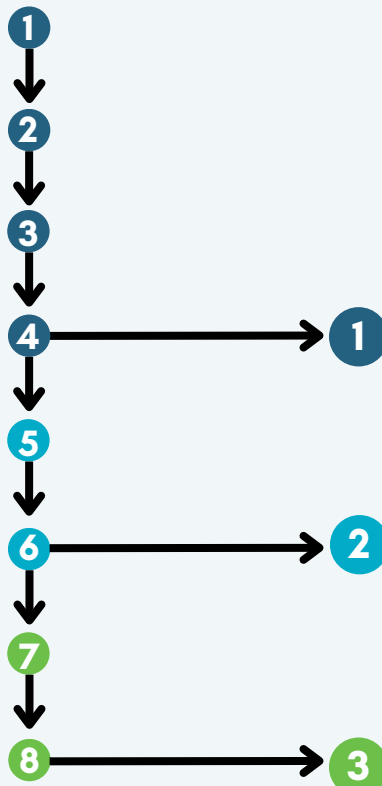


The program runs virtually twice a year

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 Modules

- 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 Workshops

- 1 Foundations of Behaviour Change:**
Motivational Communication
- 2 Building on Behaviour Change:**
Behaviour Modification
- 3 Comprehensive Approach to Behaviour Change:**