

Behaviour Change Counselling Development Program

Stream 1

- All NSH/IWK Staff and non-NSH PHC staff
- Self-directed and live practice workshops
- Go at your own pace
- Revisit as needed
- Timeframe: ~1 year
- Hours: 20
- ***E-modules 1-4 automatically populated into LMS and highly recommended for all PHC staff

Stream 2

- Family Physicians, Nurse Practitioners, Physicians, Medical Residents, Medical Students
- self-directed and live condensed practice
- Cohort/peer learning
- Timeframe: 12 weeks
- Hours: 14
- *This 3-credit-per-hour group and self-learning assessment program has been certified by the College of Family Physicians of Canada for up to 42 Mainpro+ credits.



Stream 3

- Social Worker Pilot (completed Spring 2024, evaluation underway)
- self-directed and live condensed practice
- Cohort/peer learning
- Time frame: 12 weeks
- Hours: 14
- Next steps: TBD

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 Register in LMS

- 1 Ask, Listen, Summarize, Invite
- 2 Non-judgmental Curiosity
- 3 Motivational Argument ...
- 4 Defining Behaviour
- 5 Readiness Assessment
- 6 Working with Green Lights
- 7 Working with Yellow Lights
- 8 Working with Red Lights
- 9 Sustaining the Change
- 10 Distress/Well-being Assessment
- 11 The 4S's
- 12 Replacing the Function ...

Self-directed LMS Modules

- Module 1
Intro and Theory
- Module 2
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Virtual Practice Workshops

