

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

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



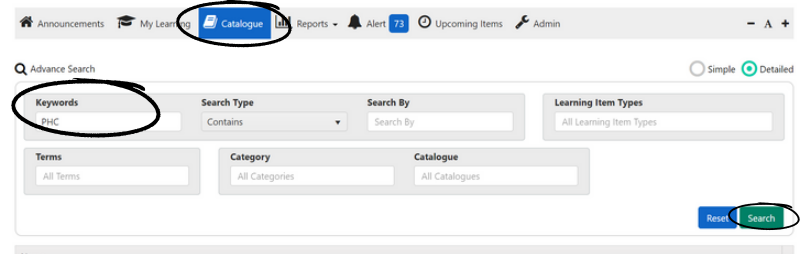
2024/2025 Schedule is Below. ***If the year isn't specified it is 2025.***

Self-directed LMS Module PHC Behaviour Change	Virtual Practice Workshop Register in LMS	Dates
Module 1 Intro and Theory	1 Ask, Listen, Summarize, Invite	Sept 17, 2024 (8-9) Mar 6 (8:30-9:30) Sept 11 (8:30-9:30)
Module 2 Ask, Listen, Summarize, Invite	2 Non-judgmental Curiosity	Oct 15, 2024 (8-9) April 3 (8:30-9:30), Oct 2 (8:30-9:30)
Module 3 Non-judgmental Curiosity	3 Motivational Argument ...	Nov 19, 2024 (8-9) May 15 (8:30-9:30), Nov 6 (8:30-9:30)
Module 4 Motivational Argument, Resistance	4 Defining Behaviour	Jan 21 (8-9), June 5 (8:30-9:30), Dec 4 (8:30-9:30)
Module 5 Define Behaviour, Readiness	5 Readiness Assessment	February 11 (8-9)
Module 6 Behaviour Modification	6 Working with Green Lights	March 11 (8-9)
	7 Working with Yellow Lights	Sept 5, 2024 (8:30-9:30) April 8 (8-9)
	8 Working with Red Lights	Oct 3, 2024 (8:30-9:30) May 27 (8-9)
	9 Sustaining the Change	Nov 7, 2024 (8:30-9:30) June 17 (8-9)
Module 7 Distress, Well-being, 4S's	10 Distress/Well-being Assessment	Dec 12, 2024 (8:30-9:30) Sept 16 (8-9)
	11 The 4S's	Jan 9 (8:30-9:30), Oct 21 (8-9)
Module 8 Replacing the Function, Stress Reduction	12 Replacing the Function ...	Feb 6 (8:30-9:30), Nov 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