What can you do to develop your skills in using the HCA approach?

HCA approach skills development

Forward planning

- Create a skills development personal goal & action plan
- Download practice guides from HCA website & put in folder/laminate
- Download client worksheets from HCA website and put in folder
- Create templates for sending reports to referring practitioners
- Manage time better to prioritize skills development activities
- Other...

Self-directed learning

- Peer case discussions
- Complete skills development review questions
- Discuss review questions with colleagues
- Complete the written case study exercise on HCA website
- Complete further reading on key concepts & topics
- Watch the HCA client consultation DVDs

Review progress

- Complete the audio & self-assessment exercise on HCA website
- Get feedback from peers or managers
- Record own client progress data and analyze results
- Conduct a client satisfaction or exit survey
- Collect & analyze program data
- Other...

Formal training & mentoring

- Complete HCA Core Training or attend refresher workshops
- Work through HCA Online Practitioner's Guide & Learning Tool
- Complete HCA Peer Leader training to assist skills devel't among your peers
- Recieve mentoring from HCA facilitators
- Other...

Develop supplementary skills sets

- Review basic communication & active listening skills
- Read up on motivational interviewing or attend MI training
- Read up on solution focused interviewing or attend SF training
- Read up on cognitive behaviour therapy or attend CBT training
- Read up on self-mgt or attend chronic condition prevention & self-mgt training
- Other...

Other...

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