

Health Coaching Information Day for Medical & Health Professionals: Interventions for Health Behaviour Change & Chronic Disease Self-management

Friday 1 June 2007

The Gallery Function Centre, Level 6 Tower Building,
University of Technology, Broadway, Sydney

Presented by

Health Coaching Australia



AND

The Australian Psychological Society



Supported by



Introduction

Health Coaching Australia and the Australian Psychological Society, have great pleasure in inviting you to attend their 2007 Health Coaching Information Day for Medical and Health Professionals.

Health Coaching is a practice in which trained health professionals apply evidence-based principles and techniques from Health Psychology and Coaching Psychology to assist their patients to achieve positive health and lifestyle outcomes through attitude and behaviour change (www.healthcoachingaustralia.com). It is particularly applicable in cases where professional advice alone is not enough because psychological, social and/or practical barriers to change get in the way of progress toward better health outcomes.

Health Coaching can enhance patient management of chronic health conditions and can facilitate lifestyle risk factor reduction, as well as enhancing health and wellness generally. Health Coaching can be conducted individually or in small groups, in person, over the telephone or via electronic means.

The Health Coaching model presented is fully compatible with well known models of chronic disease self-management, such as the Stanford and Flinders models and the Lifescripts initiative in Primary Care. This Health Psychology-based Health Coaching model is evidence-based and includes many of the components that have informed the other models. It provides skills for health practitioners in motivational interviewing and solution-focused coaching as well as techniques to manage cognitive, emotional and practical barriers to health behaviour change. The inclusion of Health Psychology principles and techniques, to identify individual barriers to change, elicit intrinsic motivation and facilitate client strategies to overcome barriers to health behaviour change, is a unique contribution of the Health Coaching model. Practitioners who have been trained in the Flinders and Stanford models as well as Level 1 Health Coaching skills have advised that they have found the latter skill set to augment their practice using the other models.

Who Should attend?

The Information Day is relevant to medical and health practitioners and managers – general practitioners, practice nurses, diabetes educators, community nurses, dietitians, exercise physiologists, psychologists, pharmacists, social workers, occupational therapists, physiotherapists, podiatrists, health program developers and any other practitioners engaged in changing the health behaviours of individuals.

The symposium is also relevant to those involved in health management - executives and managers in the workers' compensation, rehabilitation and health insurance industries, managers of employee health and wellness programs, health service executives and public health managers. Health coaching provides cost effective, best practice methods of enhancing treatment adherence and reducing presentation in acute settings due to poor chronic physical condition self-management.

Venue

The Information Day will be held at the University of Technology Sydney (UTS).

Address: The Gallery Function Centre, Level 6, Tower Building, University of Technology, Broadway, Sydney.

Car Parking: Parking is available in the Jones Street Car Park for \$13 per day. In order to ensure that you get a parking space, aim to be there before 8.00 am.

Public Transport: The venue is a short walk from Central Railway Station in Sydney. It is also easily accessible by bus.

Location Map: A map showing the location of the UTS Tower Building and the Jones Street Car Park can be found at: <http://www.utsunion.uts.edu.au/facilities/functions/location/index.html>.

Registration Fees

The registration fee is \$220 (incl. GST). This includes coffee/tea on arrival, morning and afternoon teas, and lunch.

Please register through the following link:

<https://eihost22.amlinkevents.com/ei/getdemo.ei?id=161&s= 7Z00NU1Q3>

For more information

For any queries regarding registration for the Symposium, please contact:

Ms. Fran Bologna
Ph: 03 86623300
Email: events@psychology.org.au

For queries regarding Health Coaching generally, please contact:

Janette Gale
Clinical Health Psychologist
Director, Health Coaching Australia
www.healthcoachingaustralia.com
Email: janette_gale@optusnet.com
Ph: 02 4465 2185
Mob: 0402 065 673

PROGRAM

8.00am – 8.30am

Registration, Arrival Tea and Coffee

Session 1

Master of Ceremony: Dr Kerry Sherman, Department of Psychology, Macquarie University

Opening Address: Amanda Gordon, President, Australian Psychological Society

Session 2

Health Coaching: What is it and why would health practitioners embrace it?

Janette Gale, BA(Hons)(Psych), M.Comm., MAPS

Clinical Health Psychologist, Director Health Coaching Australia, Professional Development Coordinator, APS College of Health Psychologists

Health Coaching is a model of health behaviour change based on Health Psychology principles. It is being adopted by members of most medical and health professions in Australia as a legitimate model for chronic condition self-management (CCSM). It is relevant to individual and small group patient consultations for CCSM and lifestyle risk factor reduction. Health Coaching includes the use of Motivational Interviewing and Solution-focused Coaching techniques and is also informed by principles and practices from the Health Promotion and Education, Counselling Psychology and Positive Psychology fields. When telling clients and patients how to become healthier without gaining their in-principle agreement and without assisting them to implement intrinsically motivated health goals and monitor their behaviour, the prognosis for change is not good. Health Coaching hands the responsibility for behaviour and attitude change back to patients and empowers them to make long-term positive lifestyle and behaviour changes. This can be achieved by training medical and health professionals in time and cost efficient Health Coaching techniques. The financial benefit to government and industry through cost saving can be significant. This presentation gives an introduction to the Health Coaching model and an overview of how it may be applied by practitioners and managers in the Health Industry.

Session 3

Health Coaching: Models and applied experience - Evidence from the Good Life Club Project

Dr Helen Lindner, BSc, BA, Dip Ed, PGDBehSt in HlthCare, PhD, FAPS

Health Psychologist, Senior Lecturer, La Trobe University

The Health Coaching (HC) model has a specific cluster of components for effective health behaviour and attitude change that is required for Chronic Conditions Self-Management (CCSM). These components cover areas, such as education about illness symptomatology, treatment recommendations, disease progression prevention, and health behaviour-change techniques. The later includes emotional management approaches and strategies for managing cognitive barriers to health behaviour change. Of particular importance is that the HC model also presents therapeutic techniques and self-management frameworks that are required by the health professional in supporting the patient in CCSM. Empirical and theoretical evidence for the framework of the HC model will be presented including a summary of the findings from the Good Life Club (GLC) project.

10.30am – 11.00am

Morning Tea

Session 4

Making health coaching sustainable in practice within health organisations

*Jill Kelly, RN, RM, Grad Dip in Hum. Rel. Ed, Grad Dip in Management
Project Manager, Good Life Club, Whitehorse Division of General Practice*

Embedding health coaching into practice requires a systems approach, good leadership, time and lots of training and support! This presentation gives background to the three-year demonstration project the Good Life Club (a Sharing Health Care Initiative). This project was followed by the two-year Transition Plan which had the aim of embedding chronic disease self-management into practice (including coaching). Small grants of “sustainability-funding” and support for change management was provided to agency members of the Good Life Club consortium to trial methods of embedding chronic disease self-management into practice. Two of these mini-projects using health coaching are given as case studies. A range of barriers and enablers to making health coaching sustainable in practice are identified from this five year experience.

Session 5

Practice Nurses and Health Coaching – How General Practice can improve patient outcomes and increase income for the surgery.

*Robyn Doyle, RN Div 1
Director National Primary Care Pty. Ltd.*

Robyn and her team of nurse's focus on delivering quality service to GPs in the form of GP Management Plans, Team Care Arrangements and Home Health Assessments. In February Robyn attended a weekend work shop on Health Coaching in Melbourne and subsequently followed this up with the Inaugural Health Coaching Symposium in Sydney. Robyn learnt many new strategies which she now uses to improve patient health outcomes. Preparing plans for patients has taken on new dimensions for Robyn and many other nurses in general practice. By implementing Health Coaching techniques you can achieve better outcomes along with life style changes for patients. Health Coaching empowers the patient to take ownership of their problem and consequently the plan is more effective.

Session 6

The Diet Dilemma: Health Coaching techniques for weight management

*Rebecca McPhee, BNutriDiet (Hons), APD
Accredited Practising Dietitian, Nutrition Consultant, Chairperson, NSW Division of Nutrition Australia*

Despite the promotion of lifestyle change to prevent or better manage ‘the battle of the bulge’, the number of Australians who are overweight or obese continues to escalate. This irony is forcing healthcare professionals to reassess their ‘one size fits all’ model, which focuses more on fixing the problem, rather than solutions based on the individual’s motivation, behaviours, values and goals. This session demonstrates how simple health coaching techniques can create positive behaviour change and therefore achieve weight management.

12.30pm – 1.30pm

Buffet Lunch

Session 7

Practical Session: Demonstration of the application of Health Coaching Principles

Session 8

Health Coaching in the Emergency Department

Dr Michelle Allen, MB,BS BMedSc(Hons)

Resident Medical Officer, North West Regional Hospital, Burnie; Healthy Lifestyles Consultant

It is clear to many that there is a need for more focus on health within our hospitals. The current disease-care focus works well when people are acutely unwell, but deals inadequately with the root causes of the 'lifestyle diseases' that are so prevalent today.

So does health coaching fit in the Emergency Department? The reality is that not every patient needs heroic life-saving action, and many opportunities arise to address smoking, nutrition, exercise, medication compliance, alcohol consumption and stress management. This presentation will explore early thoughts and experiences of health coaching within the Emergency Department of a regional hospital in Tasmania.

Session 9

Clinical Health Psychology and Allied Health models of CCSM care

Dr Helen Lindner, BSc, BA, Dip Ed, PGDBehSt in HlthCare, PhD, FAPS

Health Psychologist, Manager, Australian Psychological Society

Dr Donna Goodman, B.Psych(Hons), Ph.D., MAPS

Senior Professional, Centrelink Psychology Services Team, and Secretary of the APS College of Health Psychologists

This session will outline models of CCSM care relevant for General Practice clinics, and community-based or public health facilities. In contrast to the specialist role of Clinical Psychologists in mental illness, Clinical Health Psychologists are specialists in health behaviour change and psychological factors related to the treatment of illness and lifestyle risk factors. In particular, Clinical Health Psychologists are trained to treat complex cases with multiple chronic physical conditions and/or psychosocial issues (including anxiety and depression). Information on the APS College of Health Psychologists, the methods and terminology used to access health psychologists, and the role health psychologists can have in the training of medical and allied health professionals (including other psychologists) will be outlined.

3.15 – 3.30 pm

Afternoon Tea

SPLIT SESSIONS A – General Stream 3.30 – 5 pm

Session 10

Strategies for Promoting Physical Activity in Primary Care Settings

Jo Basri, BEd. (PE, Ex. Phys), AEP, MAAESS

Accredited Exercise Physiologist, Member Australian Association for Exercise & Sports Scientists, Director, Jo Basri Health Coaching

Under Medicare's Allied Health system, Accredited Exercise Physiologists are now approved to receive direct referrals from General Practitioners under Extended Primary Care Plans (EPCP). Despite only 5 Allied Health Professional referrals per year and time constraints for consultations, incorporating Health Coaching strategies and techniques has enabled clinics to achieve positive measurable health outcomes. A secondary effect has been that Medical Practice Personnel have also come on board and adopted positive eating and activity habits, further promoting healthy lifestyle change. This presentation will demonstrate how a Dietician and Exercise Physiologist co-consult and incorporate Health Coaching at various Medical Clinics. Practical information will be provided regarding a staged approach to promoting physical activity using Health Coaching techniques.

Session 11

Health Coaching: A Diabetes Perspective

Maggie Lasdauskas, RN, RM, BA, CDE

Credentialed Diabetes Educator, Diabetes Australia

Diabetes is the ultimate self-care disease but this aim has been achieved in fewer people than has been hoped. Diabetes is a complex, chronic disease which needs knowledge and commitment on the part of the person affected by it. In order to remain healthy people with diabetes often have to alter their entire lifestyle. People with diabetes often have ample knowledge but are unable to effect important changes in their lives. Health Coaching provides diabetes educators with an excellent tool to help them gain good diabetes control, and offers a genuinely supportive method of enabling clients with diabetes to find their own solutions to enable good diabetes self-care.

Session 12

General Stream Closing Remarks & Questions

SPLIT SESSIONS B – Psychologist Stream 3.30 – 5 pm

Session 13

Professional Information for Psychologists regarding Health Coaching Practice: Including skills gap analysis, Practice and treatment differences between the domains of physical health and mental health, Medicare items and College of Health Psychology membership requirements.

Chaired by Dr Donna Goodman, MAPS, Secretary of the APS College of Health Psychologists, and Janette Gale, MAPS, Professional Development Coordinator, APS College of Health Psychologists

This is a one hour session for generalist and specialist psychologists to learn more about the skills and knowledge requirements (and possible paradigm shift) to effectively practice as a health coaching Clinical Health Psychologist in the area of chronic condition self-management and lifestyle risk factor reduction.

Session 14

Psychologist Stream Closing Remarks & Questions

Speaker Biographies

Janette Gale

Janette Gale is a Clinical Health Psychologist and Member of the APS Interest Group in Coaching Psychology. In her private practice she specialises in health coaching for weight-management, healthy lifestyle change and the management of chronic health conditions such as obesity, diabetes and cardiovascular disease. Janette has designed and facilitated a number of innovative community-based, Government & industry funded health promotion and education programs targeting lifestyle change for families and adults. These programs all contain health coaching components. Janette co-developed Australia's first health coaching course for health practitioners at Deakin University and trains medical and health professionals in health coaching techniques. She is the Professional Development Representative on the National Executive of the APS College of Health Psychologists.

Dr Helen Lindner

Dr Helen Lindner is a Health Psychologist who is well published in the area of chronic disease and health behaviour change. She has recently joined the APS as the Manager for Strategic Projects, but prior to this was a Senior Lecturer in the School of Behavioural Science at La Trobe University. She has been the coordinator of Masters and Doctoral programs in Health Psychology at La Trobe University, and has undertaken postgraduate teaching of health psychology and the coordination of placement of psychology students in health psychology settings. Her research interests are predominantly in the area of self-management of chronic illness such as asthma, diabetes, osteoporosis, heart disease and lupus. She has been involved in the training of allied health professionals in the skills of motivational interviewing and readiness to change frameworks through the Colleges of the APS, education departments, Divisions of General Practice, allied health professionals' organisations, and community-based projects. She is also a scientist with the World Health Organisation's global project on 'Adherence to long-term therapies: Evidence for action', President of the Australasian Society of Behaviour Health and Medicine (ASBHM), and Reviewer for the International Journal of Behavioral Medicine.

Jill Kelly

Jill Kelly is the Project Manager of the Good Life Club Project in Melbourne (a Sharing Health Care Initiative funded by the Commonwealth Department of Health and Ageing). The project is based at the Whitehorse Division of General Practice and was originally a three year demonstration project on chronic disease self-management, followed by a two year Transition program to embed chronic disease self-management into practice. She has worked as a Project Officer within Divisions of General Practice for the past 10 years, managing a range of projects such as healthy ageing, general practice accreditation, health promotion and also currently works with health agencies to promote integration of health services at the local level. Prior to working in Divisions, she worked as a Case Manager with work injured clients and her professional background is nursing .

Robyn Doyle

Robyn Doyle is an innovative RN who 6 years ago formed her own company National Primary Care Pty Ltd. Over the years Robyn's company has grown significantly and this is mostly due to increased awareness and acceptance of Chronic Disease Management and Enhanced Primary Care Items in General Practice. National Primary Care specialises in the delivery of EPC Health Assessments, GP Management Plans and Team Care Arrangements under the Federal Government guidelines. National Primary Care is an independently owned business with a team of the highest quality nurses. By contracting the services of companies like National Primary Care, GPs can benefit by reducing their time and administration constraints as well as adding to practice profits and improving patient access to allied health facilities

Rebecca McPhee

Rebecca McPhee is an Accredited Practising Dietitian specialising in Diabetes, Weight loss and Cardiovascular Disease in the Illawarra and Shoalhaven regions. She has been involved in a variety of innovative community based lifestyle programs targeting obesity and is NSW chairperson for Nutrition Australia. Rebecca has also worked in England as an Obesity Specialist Dietitian for the NHS and was the representative for the Obesity Strategy Committee for Westminster. Rebecca currently runs a successful private business and uses various health coaching techniques to achieve tailor made solutions for individuals and groups. She is involved in co-facilitating health coaching courses, educating health professionals on how to make lifestyle changes for better health.

Dr Michelle Allen

Dr Michelle Allen divides her time between resident medical officer work in the local Emergency Department, Healthy Lifestyle Consulting in her private practice, participating in community projects, feeding the chooks and weeding the veggie garden. She has been researching, practicing and teaching about healthy lifestyles for at least 10 years, and has recently begun practicing health coaching as a means to assist people with lifestyle change. Michelle and her husband Nick are passionate about health and sustainability and very active in these areas. Between them, it is possible they may change the health system and save the planet.

Dr Donna Goodman

Dr Donna Goodman is a Registered Psychologist, a Member of the Australian Psychological Society, the Australian Association for Cognitive and Behaviour Therapies, and is currently Secretary of the APS College of Health Psychologists. She worked as a Rehabilitation Consultant before completing a Ph.D. in Health Psychology, where her thesis focused on chronic condition self-management. Since then, she has worked as an Associate Lecturer and Senior Research Officer with James Cook University, and with General Practitioners in Far North Queensland providing focused psychological interventions under the More Allied Health Services program. She has provided training for a range of health professionals in cognitive behaviour therapy, motivational interviewing, and health behaviour change. She currently works as a Senior Professional in a multidisciplinary team conducting assessments and interventions for clients with psychological and/or chronic health conditions.

Jo Basri

Jo Basri is an Accredited Exercise Physiologist with 25 years practical experience promoting physical activity. She has worked in the Fitness Industry, Corporate Health, and Allied Health Services in Chronic Disease Management, in her own business Jo Basri Health Coaching. Jo has a 13 year old son with Cystic Fibrosis and considerable personal experience in cardiorespiratory fitness and weight management. Jo is passionate about improving quality of life via a healthy and active lifestyle, incorporating Health Coaching strategies and techniques to achieve positive health outcomes. A future goal of Jo's is to conduct Healthy Lifestyle and Weight Management Programs in her local community.

Maggie Lasdouskas

Maggie Lasdouskas is a registered nurse, registered midwife and credentialed diabetes educator. After many years in various areas of nursing she became a diabetes educator in 1990 at the newly-formed Launceston Diabetes Centre. She later became the clinical nurse manager of this for several years before returning to her real love, client care.

Maggie now works for Diabetes Australia – Tasmania as the credentialed diabetes educator running clinics throughout remote and rural southern Tasmania under the "More Allied Health Services" scheme for GP South. Maggie regards Health Coaching as a good method of helping people with diabetes solve their own problems related to diabetes self-care.

Please register online: <https://eihost22.amlinkevents.com/ei/getdemo.ei?id=161&s= 7Z00NU1Q3> or use the registration form on the next page.



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Cost: \$220 (inc GST) includes Morning and Afternoon Tea and Lunch

Register online at <https://eihost22.amlinkevents.com/ei/getdemo.ei?id=161&s=7Z00NU1Q3>
or use the form below

Please indicate which of the final sessions you will attend from 3:30 to 5:00pm:

Session A: General Stream

Session B: Psychologists Stream

Title _____ First Name _____ Surname _____

Position _____ Profession (e.g. doctor, nurse, psychologist, dietician): _____

Organisation _____

Address _____

Town/Suburb _____ State _____ Postcode _____

Telephone _____ Fax _____

E-mail (so confirmation can be sent) _____

Special Dietary Requirements _____

PAYMENT (Fully Tax Deductible)

TAX INVOICE APS ABN 23 000 543 788

Cheque (must accompany registration and be made payable to the Australian Psychological Society).

AMEX

Visa

MasterCard

Card Number: -

_____/_____/_____/_____

Total Amount: _____\$220_____

Expiry Date: _____/_____

Cardholder's Name: _____ Cardholder's Signature: _____

Payment Policy: It is a condition of registration that full payment is received prior to the commencement of the event, preferably with your registration form.

Cancellation and Refund Policy: Please note: Cancellations up to 28 days prior to the workshop you are registered for will receive a full refund. Cancellations 28-14 days prior will receive a 50% refund. Cancellations within 14 days of a workshop will not be refunded other than for 'exceptional, unforeseeable circumstances'; however, you may nominate an alternative attendee. All cancellations must be given in writing.

Please forward your completed registration form with payment to:

Ms Fran Bologna, Fax 03 9663 6177, or PO Box 38 Flinders Lane PO, Melbourne Victoria 8009