

First Australian Positive Psychology and Well-Being Conference

Hosted by The School of Psychology, University of Sydney, Australia (April 5th and 6th 2008)

www.positivepsychologyaustralia.org

Co-sponsored by eleven Australian universities



Australian Catholic University, Australian Graduate School of Management, Australian National University, Deakin University, Macquarie University, Monash University, University of Melbourne, University of New South Wales, University of South Australia, University of Sydney and University of Wollongong

Health Coaching: Applying Positive Psychology to Chronic Disease Prevention & Self-Management in Health & Medical Settings



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www.healthcoachingaustralia.com.au



HCA Definition

“Health Coaching is a practice in which accredited health professionals apply evidence-based psychological, counselling & coaching principles & techniques to assist their patients to achieve positive health & lifestyle outcomes through cognitive & behaviour change.” www.healthcoachingaustralia.com.au

Roles of a Health Coaching Health Professional

Is not to change the client!

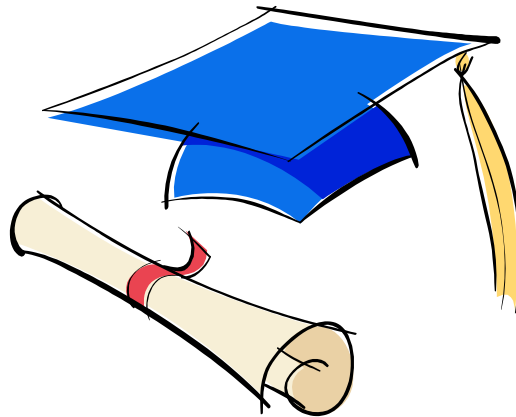
Is to assist the client:

1. To make a decision to change (or not)
2. To increase the likelihood of success after your client makes a decision to change
3. To correct misinformation & provide health professional advice as required, in an *appropriate way*

Health Coaching

HC

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Health Professional
Recommendations

+



Behaviour Change
Assistance

Our Challenge...

- 2 day time frame to train HP in supporting patient self-management through health behaviour change
- Achieve attitude shift & create empathy
- Impart knowledge & understanding (Why?)
- Provide immediately useable skills (How?)
- Translate learning into practice in the workplace

Our Challenge...

To change the Traditional
medical model!

From advising change
to Supporting change

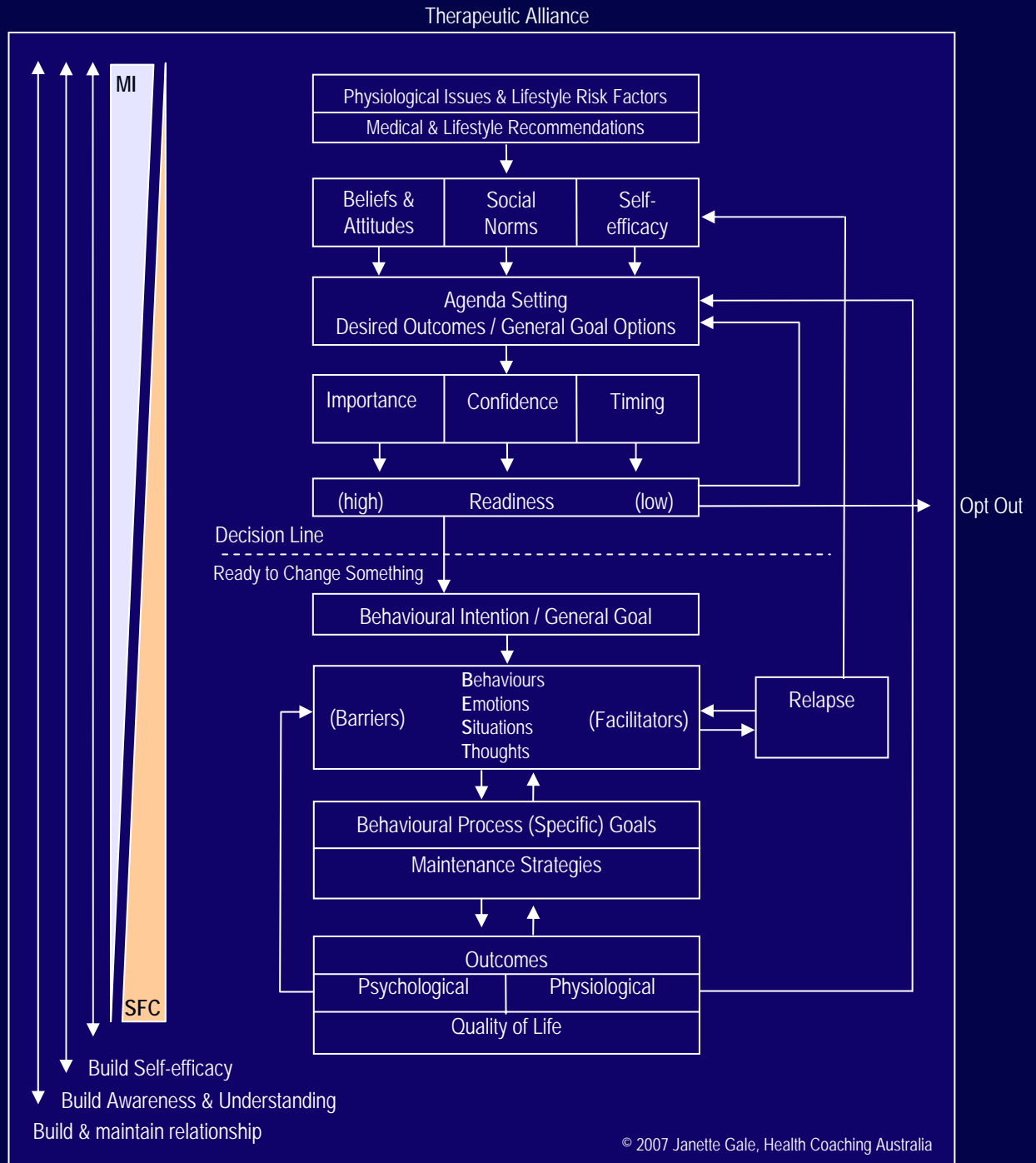
The Model Guides Health Professionals

- How can I help this client,
- To achieve these specific health behaviour change outcomes,
- At this point in time,
- Given his/her level of readiness, and
- Given his/her unique life circumstances??

Positive Psychology Concepts

- Optimal Functioning
- Control, Autonomy*
- Maximising choice
- Person-centred
- Client as the expert
- Supporting patients
- Relatedness
- Developing Understanding & Insight
- Self-efficacy
- Hope vs fear
- Resilience
- Self-regulation
- Creativity
- Encouraging positive mood states
- Solution-focus
- Strengths focus

HCA Health Coaching Theoretical Model



MI – Motivational Interviewing
 SFC – Solution-focused Coaching



What do you want to be?

A technician or a musician?