



RELAPSE PREVENTION

Course Dates: 2nd December 2010

Course Price: £95 + VAT (£1111.63 inc. VAT)

Trainer: Andy Perkins, Director of Training & Development

Location: Figure 8 Training Suite
1st Floor, 30 Whitehall St, Dundee, DD1 4AF

Max. participants: 16

Suited to: Workers and Managers in Health & Social Care settings who work with clients making health behaviour changes – particularly in the area of addictive behaviours

Course Content

This course aims to provide participants with a sound theoretical knowledge of behaviour change models from a range of health and social perspectives. It will address the importance of social norms, belief systems and behaviour intention as influential factors in determining an individual's behaviour change process. The course will address relapse and its relationship to behaviour change and discuss the importance of relapse management in any treatment plan.

Learning Objectives

The training aims to give you an opportunity to:

- Update your knowledge of theoretical models of behaviour change.
- Critically discuss the strengths and weaknesses of these in practice.
- Consider the use of assessment tools to assist in identifying readiness to change.
- Identify barriers to achieving or maintaining behaviour change.
- Discuss strategies for helping clients to manage lapse and relapse.



How to book

- Complete and return this form by post to **Figure 8 Consultancy, 1st Floor, 30 Whitehall Street, Dundee, DD1 4AF;**
- Call Figure 8 on **01382 224846** or;
- Email us at **enquiries@f8c.co.uk** with the information in the booking form below;
- If you book by post or email we will contact you by e-mail to confirm receipt of the booking.

TRAINING BOOKING FORM (Please complete all fields)

Course Name:	Relapse Prevention
Course Date(s):	
Participant Name:	
Job Title:	
Organisation:	
Address: (inc postcode)	
Telephone no:	
Email address:	

Payment Options (tick the applicable option):

- Cheque enclosed for £____ (made payable to Figure 8 Consultancy Services Ltd)
- Bank transfer (Natwest Account Number: 16561899, Sort code: 60-24-75, Account Name: Figure 8 Consultancy Services Ltd, please use the participant's name as the reference)
- Please invoice me

Early bird discount – book more than 6 weeks before the course date and you'll receive **£5 off** the cost per person

Autumn 2010 Special Offer – book 2 places on this course and get a 3rd one **free**

Cancellation Policy

- If you cancel **up to 14 days** before the course, in writing, you will receive a refund of monies paid less a £15+VAT admin fee or, alternatively, a full credit note for a future course.
- If you cancel **up to 7 days** before the course, in writing, you will receive credit note for a future course less a £15+VAT admin fee.
- If you cancel **less than 7 days** before the event or fail to attend on the day no refund or credit note will be given and any outstanding invoices will still be payable.
- Figure 8 Consultancy Services Ltd reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit note for a future training event.

EVIDENCE INTO PRACTICE