FIGURE 8
CONSULTANCY SERVICES LTD

RELAPSE PREVENTION & HEALTH BEHAVIOUR CHANGE

Trainer:	Andy Perkins, Director of Training & Development
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.