

Helping patients to help themselves

This series of webinars has been developed developed by Moa Sundstrom, Trainee Health Psychologist at the KMPCTH, for Tissue Viability Ambassadors in general practice to provide tools for implementing clinical knowledge, support behaviour change in patients, compassionate communication, and to spot the signs of and overcome compassion fatigue.

Other Primary Care staff who are interested in these topics are welcome to attend especially if they are interested in tissue viability and behaviour change. It is recommended to attend the whole 3-webinar series. You will receive an attendance certificate after each webinar.



Webinar 1:
Reducing the impact of care using behaviour change techniques
Thursday 25th April 1-2pm

BOOK NOW



One of the ways we can reduce the burden of care for both patients and the NHS is by empowering and supporting patients to increase their self-care and self-management. This webinar will give you an introduction to behaviour change techniques and behavioural science, and using a case study you will learn first-hand how this can work in a busy primary care setting.

Webinar 2:
Using motivational interviewing to increase patient engagement
Monday 20th May 1-2pm

BOOK NOW



Motivational Interviewing (MI) is a set of communication skills that you can use with your patients to increase patient engagement and activation and support long-lasting behaviour change. You will learn the basic principles of MI and will be given examples of how these work in real life with real patients, particularly those who seem to be “stuck” in their current habits and behaviours and not bothered about changing how they behave.

Webinar 3:
Dealing with compassion fatigue: when you can no longer relate to your patient in an empathic way
Tuesday 2nd July 1-2pm

BOOK NOW



Many staff are struggling with chronic stress, burnout, and compassion fatigue, all of which can have a negative impact on us and our work. You will leave this webinar knowing how to recognise the signs of compassion fatigue and how to reflect on your work as a healthcare professional. We will also cover a few techniques from compassion-focused therapy which may support your wellbeing both at work and at home.

How to book your place

Please click one of the buttons above to book your place via Medtribe. If you haven't got a Medtribe account already, you will need to create one, which will be used for further events, CPD, feedback or courses with the KMPCTH.

You will need to book for each webinar.

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