

# Applying Motivational Approaches to a Patient Group Setting

## Workshop Overview

The ability to deliver effective patient education in a group setting has never been more important than in the current climate. This course will equip you with the skills to use sound adult learning theory to plan and deliver courses which will harness 'active' rather than passive learning opportunities. The focus will be on helping you develop the skills of creating a comfortable learning environment that helps motivate clients to consider change. We examine group dynamics and how to handle more challenging group situations so that your confidence to both prevent and manage these positively will increase.

## Course Aim

To allow participants to develop their use of motivational skills and techniques to support patient change. To design creative and engaging group based learning experiences that will provide effective clinical outcomes.

## Learning Outcomes

On completion of the course each participant will be able to:

- Identify the factors that create a positive learning experience.
- Discuss how group dynamics can influence participants learning experience.
- Feel more confident when dealing with difficult group situations.
- Explore how to apply motivational skills to the group work setting.
- Reflect on their facilitation skills and be aware of their own personal style.
- Recognise their own strengths and areas for development.
- Transfer the learning from the training environment back into their working context.

## Course Summary

The course is delivered in a relaxed yet focused style. It is very practical in nature and built on sound adult learning theory and principles. Participants will have opportunities to design and deliver a short training input and will receive individual constructive peer and trainer feedback. The course will allow participants to develop their skills in a safe and supportive environment thereby increasing confidence in their ability to lead a group. Participants will receive a course booklet that contains background reading and supportive activities to help the transfer of knowledge and skills back to the workplace.

## Course Content

- Adult learning theory and practice
- Enhancing facilitation skills with motivational approaches
- Learning styles
- The group planning cycle –aims; objectives; methods and evaluation
- Identifying the factors that affect the success of group work.
- Planning and delivering short sessions and obtaining valuable feedback.
- How to manage more challenging group situations

## Integrating Motivational Approaches

A group is a collection of individual learners. This course seeks to integrate the spirit, skills and concepts used in motivational interviewing within the group setting to maximise the patient experience, helping them feel a valued member of the group and enhancing their motivation for change. We will be exploring how motivational approaches complement other current group approaches. There is a growing body of evidence that suggests using motivational approaches in the group setting is not only effective in improving clinical outcomes.

## Teaching Methods

The development of greater self-empowerment underlies the whole of the group work skills course; this calls for learning methods consistent with that philosophy. Self-empowered learning means that people take responsibility for their own learning; it is a shared activity where everyone has something to teach and something to learn; it focuses on building on existing strengths and on the experience of the learner. For these philosophical reasons, the activities in this course are all based on experiential learning methods.

## Prerequisites

This course is suitable for all professionals working with groups to include doctors, nurses, dietitians, psychologists, physiotherapists, exercise specialist and non-clinical practitioners. You do not need to have completed any previous BCT training to enrol on this course.