

Brief Behaviour Change Counselling



This short course is aimed at professionals dealing with health related behaviour change counselling e.g. physical activity, smoking, substance abuse, healthy eating and overweight/obesity. The training intends to introduce a new approach to brief behaviour change counselling for health care professionals. This approach is based on the 5A structure (Ask, Alert, Assess, Assist, and Arrange) and a guiding style of communication based on motivational interviewing principles.

You will benefit from this training, by obtaining the skills to deliver brief behaviour change counselling based on best evidence available, and your patients may benefit from this because evidence shows that brief behaviour change counselling from a primary health care provider lead to 5-15% of patients changing their behaviour.

Participants should commit to attend the full day course. A Certificate of Attendance from Stellenbosch University will be awarded to those who complete the training. The course has been accredited for 8 CPD points at level 1.

The workshop will be offered by Prof Bob Mash & Dr. Zelra Malan.

The cost for participants will be R2 000.00

To register your interest for the course please send an email to Ms Marianna James in the Division of Family Medicine and Primary Care (mariannaj@sun.ac.za – Tel: 021 938 9395)

Places will be limited to the first 20 paid applicants

Further information from Dr. Zelra Malan (zmalan@sun.ac.za)