

The Emotional Aspects of Your Consultations

A course for frontline staff in primary care

Are you supporting someone with a long term condition?

- Do you suspect that your patient's emotional health is a barrier to managing their physical health conditions and achieving better health?
- Would you like to learn new skills and techniques to help move patients forward and manage the emotional impact of living with chronic disease/managing physical health conditions?

If so this training could be for you.

This course is offered as two workshops lasting **two hours each**.

Part One - Making the Connection

Tools to enhance the practitioner/patient relationship

Part Two - Moving Forward

Tools and resources to support problem solving & self management.

- This will not add to current workload.
- It will provide some simple skills that can be used everyday.

Everyday Tools for Everyday Practice

What does the course cover?

- Coming to terms with chronic disease
- Establishing rapport and empathy
- Finding a place to start
- Problem solving tools
- Stress and anxiety management
- Promoting self help

'Good helpful course to help clients with a way forward.'

'Very helpful workshop and well presented. Very relevant to everyday general practice'. GP

On completion of each course each participant receives:

- A comprehensive range of printed resources
- Additional handouts
- Certificate of attendance

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To find out more contact: Training Administrator
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