

Health and Wellbeing Brief Interventions One-day CPD Course

All health care and exercise professionals have a responsibility for improving the health and wellbeing of their patients. This continuing professional development module will equip you to meet patient demands, and the Government's agendas in this area.

As an attendee you'll benefit from improved understanding of the various domains of health and wellbeing. You'll have the opportunity to discuss rationale, practice techniques and apply theory and practical skills to your own area of practice.

Overview

The Health and Wellbeing Brief Interventions study day is flexible; either study it as a single module for CPD purposes, or use as part of your MSc in Advancing Physiotherapy.

This course boasts the benefit of keynote lectures and workshops delivered by subject specialists and experienced practitioners. Attendees receive excellent teaching and learning, personal tutoring, and student support mechanisms from the University of Salford's spacious, modern and comfortable facilities.

Study combines group discussion, independent learning, and excellent online facilities to deliver quality levels of education and training.

Delegates

Health care and exercise professionals will reap the benefits of this continuing professional development module in health and wellbeing.

Learning Outcomes

On the Health and Wellbeing Brief Interventions study day, attendees will explore the following:

- Public health policy and drivers for change; collaborative working for promotion of health and wellbeing
- Risk factors that affect health and wellbeing or create health inequalities
- Measurement of health and wellbeing; health assessment and health screening
- Theories of behaviour change; motivational interviewing; self-efficacy, and stages of change

- Brief interventions associated with diet and physical activity recommendations.

If you are interested in learning more about this brief interventions health and wellbeing course or other courses available, please contact us on 0845 431 0433 or cpd@salford.ac.uk