

# Conference on Counselling skills for self-determined motivation in health behaviors related to cardiovascular health

Halmstad, Sweden May 14-16 2018

**It's our great pleasure to invite you to take part in an applied course in autonomy support for health behaviors, guided by Professor Geoffrey C. Williams from University of Rochester, one of the most experienced and well-known international researchers and practitioners in the field of self-determination theory.**

This is an exclusive opportunity to improve your communication skills by integrating self-determined motivation into practice to improve patient or client health outcomes.

The course is directed at clinicians or practitioners in the field of health and health care; such as clinicians, health consultants and health care researchers (minimum requirement suggested: Masters' degree) and it is organized as a three days' conference at Halmstad University, May 14-16 2018. We will focus on counselling in cholesterol management, physical activity and tobacco one day respectively; building skills using lectures, interview demonstration and feedback sessions.



## Course aims and description

In spite of broad societal engagement the current approaches for information, support and counselling does not seem to automatically translate into positive health outcomes for clients and patients. Thirty percent of all initial prescriptions for medication and lifestyle change are never started and only forty percent of patients maintain a lifestyle change or stay on medication for more than one year. Although the potential health benefits of regular physical activity are well known, less than half of the Western population is sufficiently active to reap those benefits.

Due to these factors, training clinicians and practitioners in how to integrate support for motivation for health and health behaviors have potential to greatly improve health and well-being on individual and societal levels. Research has demonstrated improved health and well-being outcomes when patients' and clients' basic psychological needs are supported in accordance with the self-determination theory approach. Therefore, there is a strong need for integrating motivation into practice to improve patient or client health outcomes. To date, there are few opportunities for education in autonomy support in Europe, and we are excited to offer this course to a limited number of participants.

The course is led by Geoffrey C. Williams, Professor of Medicine, Psychiatry and Clinical and Social Sciences in Psychology at University of Rochester, NY; supported by a faculty team consisting of Karin Weman, Halmstad University; Magnus Lindwall, University of Gothenburg; Linus Jonsson, University of Gothenburg; and Dustin DiTommaso, Mad\*Pow.com.



The conference fee is 5500 sek (*including VAT 1100 sek*), comprising three days' lunches and coffee brakes, welcome reception (Monday) and closing dinner (Tuesday). The event starts Monday 08.30 and ends Wednesday 17.00. Accommodation is not included.

Registration deadline December 20, 2017

Apply here: [link](#)

We can only take a limited amount of participants and the application is completed only when full payment is registered. We will confirm the application when the payment is registered. Cancellation policy: *No refunds for cancellations made after February 1, 2018.*

*Payment by bank transfer for international participants*

*Account holder: Halmstad University*

*Bank: Danske Bank Sverige*

*Box 7523, SE-103 92 STOCKHOLM*

*IBAN: SE461200000012810112657*

*SWIFT-adress: DABASESX*

*Please identify the payment with 970206 and your name.*

*Inbetalningar inom Sverige görs till:*

*Högskolan i Halmstad*

*Bankgiro 5328-2414*

*Vid betalning ange ditt namn och referensnummer 970206*

Please contact [Karin.Weman@hh.se](mailto:Karin.Weman@hh.se) if you have any further questions.