

Health Psychology Interventions in Practice: 3 days

Attendees:

Practitioner Health Psychologists, applied health psychology researchers and those in health psychology training that are interested in developing their applied health psychology practice knowledge and skills and behaviour change techniques are welcome to attend. Healthcare professionals that have also undertaken training in health psychology such as a MSc in Psychology & Health would also gain benefit by expanding on their applied practice knowledge and skills.

Aim: For attendees to understand the Health Psychology evidence base (e.g. models, theories and key research findings) that applies to working with individuals in a Health Psychology therapeutic practice. The course aims to focus on in more detail over 3 days; health psychology assessment methods, clinical formulation models (HP and other therapeutic models) and cognitive intervention techniques and skills to change maladaptive illness and treatment beliefs.

Objectives:

- To understand the difference between health psychology applied *research* and applied *practice* in terms of professional behaviours, assessment and formulation methods and intervention processes and delivery.
- To understand the evidence base that relates to designing and delivering health psychology assessments, formulations and health behaviour change interventions with individuals.
- To understand the knowledge and skills required to deliver a professional health psychology assessment.
- To understand how to develop a health psychology working formulation from the assessment.
- To consider how to translate and synthesise the assessment and formulation information into health psychology interventions in everyday clinical practice.

Day 1: Health Psychology Assessment

- The aims and objectives of an assessment in health psychology applied practice
- The knowledge and skills to deliver a health psychology assessment (e.g. consent, confidentiality, accountability, boundaries, structure, organisation)
- The difference between a research and clinical practice assessment – methods, content (risk) & outcomes
- Applying the Health Psychology evidence base and models within a clinical assessment

Day 2: Health Psychology Formulation

- The aims and objectives of conducting and working with a health psychology formulation
- The difference between a research and clinical practice formulation – models and methods in practice
- Developing a formulation within individual client consultations and sessions
- Understanding the process for translating assessment outcomes into a working formulation

Day 3: Health Psychology Interventions

- To consider how to translate assessment and formulation information into interventions in everyday practice.
- Understanding behaviour change interventions content and process through the synthesis of a formulation.
- Considering how to apply these knowledge and skills within your own practice.
- Evaluating your practice and service outcomes.

** Course comprises of slides, case studies, role plays and references. Certificate of attendance is provided on completion.*