



An Introduction to Therapeutic Skills For Health Psychologists

Venue: British Psychological Society, London Office

Attendees: Suitable for trainee and qualified Health Psychologists, wishing to develop their applied health psychology research/practice with *individual* clients.

Aim: To gain a comprehensive understanding of the personal, professional and interpersonal skills required to deliver HP therapeutic practice (and/or applied intervention research) with individuals.

Objectives for attendees:

- To describe the basic clinical framework for working in therapeutic practice with individual Health Psychology patients/clients.
- To be self-aware of personal factors and schema that can impact upon therapy outcomes.
- To identify the range of communication skills required for effective practice with individual patients/clients and their purpose within the therapeutic process.
- To understand the key technical therapeutic skills (e.g. Socratic questioning and guided discovery, collaboration, negotiation) required to develop and maintain the health psychologist-patient/client therapeutic alliance and its impact on clinical outcomes.
- To identify key changes in therapeutic working style that can be implemented within their current role.

Course Outline:

1. Personal and Interpersonal Issues in Health Psychology Therapeutic Practice:

- **Working as a Health Psychologist with individual clients: What do you need to know?**
- **Differentiating therapeutic practice from research practice:** How are they different? Accountability, roles, intervention delivery, outcomes measurement
- **Therapeutic roles:** personal versus professional schemas and their impact on practice

- **Developing & maintaining the HP-client therapeutic alliance (TA):**
- **How to develop a therapeutic alliance between health psychologist & patient/client?** What are the components of a positive relationship and the professional boundaries of the TA? The client as expert in their health problem, therapist as expert in interventions and guiding therapy.

- **Professional behaviours and Interpersonal communication skills required for Health Psychology therapeutic practice:** e.g. interpersonal perceptual and relational skills, therapist attitude and interpersonal knowledge.



SCCH Consulting Training Events



2. Applying Technical Therapeutic Skills in Health Psychology Practice:

- ***What foundation therapeutic skills do I need to help a client with physical health problems?***
How do I ensure that I am client centred in my approach rather than 'expert' focused –ensuring I am not just gathering information on health outcomes but facilitating better health outcomes.
- **Applying technical therapeutic skills in practice:**
- How to change health related cognitions & behaviour within individual therapeutic practice? Using key technical skills such as:
 - Socratic Questioning
 - Guided Discovery
 - Collaboration
 - Negotiation
- **Technical therapeutic skills applied to Health Psychology contexts and case studies**

3. Building your confidence and skills in therapeutic practice

- Pre and post course self-assessment of skills and knowledge in individual client HP practice
- Goals to achieve in your everyday practice following the course
- First actions and challenges to implementing your goals
- Review and development process for maintaining skills

4. Course Evaluation and Feedback

- Structured feedback on course aims, objectives & delivery

**** Course comprises taught material, practical case studies, role plays and active discussions. Our training days are skills focused and highly interactive allowing for real time feedback and learning.***

Certificate of attendance is provided with course hand outs.