



## Health Coaching: Using Cognitive Behavioural Strategies and Techniques

### A Skills Based Workshop

Facilitator: Prof Stephen Palmer PhD CPsychol CSci FIHPE (Hon)

A half-day event will be held at

The Royal Scots Club, Abercromby Place, Edinburgh, Scotland,  
Tuesday, 4<sup>th</sup> August 2009, 9.30am to 12.30pm (registration at 9.15am)

This skills-based workshop focuses on the application of a range of cognitive behavioural techniques and strategies used within health coaching. A framework is provided to assist in developing an individual health coaching programme for coachees or clients. The importance of challenging Health Inhibiting Thinking and developing Health Enhancing Thinking or Beliefs will be covered. Health coaching can be used for a number of health-related issues such as stop smoking, alcohol reduction, weight control, maintaining exercise plans, pain and stress management.

There are two articles to read prior to the course. These will be emailed to delegates. Delegates will be expected to work in pairs in order to practise some of the techniques and skills. CPD certificates will be provided.

Topics will include:

- What is health coaching?
- Does health coaching differ from health training?
- Using a multimodal cognitive-behavioural framework to develop an individual health coaching programme
- Eliciting and Challenging Health Inhibiting Thinking (HITs)
- Developing Health Enhancing Thinking (HETs)
- A range of cognitive, imaginal and relaxation techniques for use within health coaching
- Integrating health coaching within your coaching practice

#### Facilitator of the workshop:

Professor Stephen Palmer is a Chartered Psychologist (Health and Counselling), an Accredited Cognitive Behaviour Therapist and APECS Accredited Executive Coach and Supervisor. In 2001 he was made an Honorary Fellow of the Institute of Health Promotion and Education for his '*outstanding contribution to the theory and practice of health promotion and health education*'. He has written books and articles in the field of health psychology and health coaching and is Editor of the *International Journal of Health Promotion & Education*. His books include the *Handbook of Coaching Psychology* (with Whybrow). He is Director of the Coaching Psychology Unit at City University and Director of the Centre for Stress Management. He was the first Chair of the BPS Special Group in Coaching Psychology.

Cost: £90. For booking information, please contact Dawn Cope or Kate Thomas:

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