

Enhancing Patients' Behavior Change Compliance and Treatment Adherence in the Allied Health Professions

By **Dr. Sandra G. Zakowski**

23 - 24 Mar 2018, Fri - Sat

Organised by the Centre for Health Professionals Training

Overview

This introductory workshop allows allied health professionals (i.e. physiotherapists, occupational therapists, dieticians, pharmacists, social workers) to understand the psychosocial predictors and barriers of health behavior change. Fundamentals concept of the Transtheoretical Model and approaches of the Motivational Interviewing will be practiced for allied health professionals working with clients towards treatment adherence. Through the use of local case studies, Allied Health participants will benefit from learning about various practical strategies that works on facilitating an individual's motivation in order to change health behaviour and improve allied health treatment adherence.

Learning Objectives

- Identify and discuss implications of psychosocial predictors and barriers of health behavior change and treatment adherence using latest evidence from literature
- Understand the stages of change of the Transtheoretical Model and its application for the Allied Health Professionals
- Apply basic principles of motivational interviewing and role play practice of effective interviewing skills
- Apply and practice learnt skills on local Allied Health case studies (eg. Pharmacist, Therapist, Dietician)

Who Should Attend?

Allied Health Professionals (i.e. physiotherapists, occupational therapists, dieticians, pharmacists, social workers) working with patients/clients towards changing their health behavior (adopting a new medication routine, doing prescribed therapeutic exercises, changing dietary habits etc) within the acute hospital, subacute and the community setting.

About the Trainer



Dr. Sandra G. Zakowski
Ph.D.

Sandra G. Zakowski, Ph.D. is currently a Professor in Clinical Psychology at the Illinois School of Professional Psychology at Argosy University, Chicago. She obtained her Ph.D. in Medical Psychology at the Uniformed Services University of the Health Sciences and is a licensed Clinical Psychologist in Illinois, US. She was a Post-Doctoral Fellow at Memorial Sloan-Kettering Cancer Center in New York, Associate Professor at the Rosalind Franklin University of Medicine and Science in North Chicago, and Mental Health Program Director for Heartland Alliance International in Northern Iraq. She has also taught and provided curricular consultation and course development for clinical psychology programs at Koya University, Iraq.

Dr. Zakowski has published her federally funded research in psychoneuroimmunology, emotion regulation in individuals coping with chronic medical stressors, and the effects of psychological interventions in cancer patients and their spouses. Her current international research projects investigate trauma related to war, genocide, and political violence in the Middle East. She is a volunteer scientist with the American Association for the Advancement of Science and has contributed scientific consultations for research conducted by UNHCR, Global Health, and HelpAge.

Her clinical work focuses on health psychology, cross-cultural trauma therapy, refugee and immigration-related issues. She has worked as a therapist at the Heartland Alliance Marjorie Kovler Center for the Treatment of Survivors of Torture, and currently provides consultations for international organizations including Physicians for Human Rights, Advocates Abroad in Greece, and SEED Foundation in Iraq. She has also conducted trainings, workshops and clinical consultation for NGOs in Northern Iraq, Haiti and Rwanda.

Workshop Details

	23 Mar, Fri	24 Mar, Sat
Time:	9.00 am to 5.00 pm	
Venue:	Seminar Room T09-03 NUHS Tower Block, NUH	Seminar Room T07-03/04 NUHS Tower Block, NUH
Course Fees (before GST):	\$880	



Register your interest now!

- Email Ms. Sherlyn Chan at sherlyn_qq_chan@nuhs.edu.sg.
- Confirmation of your place at the course is upon receipt of payment.
- Crossed cheque is to be made payable to "National University Health System Pte. Ltd.".