

Training Resources for Self-Management Support

Trainer	Description
<p>Ms. Amireh Ghorob, MPH Master Health Coach Trainer, CEPC UCSF Department of Family and Community Medicine 995 Potrero Avenue, Bldg. 80 WD 83 San Francisco, CA 94110 P 415/206-6018 F 415/206-8387 ghoroba@fcm.ucsf.edu</p>	<p>Health Coach Training (16 hours for the full training) The health coach training is designed to equip personnel with skills and strategies to deliver the essentials of self-management support. Shared Care: Using the collaborative approach when working with patients. We will discuss the importance of the ask-tell-ask method and practice how to implement ask-tell-ask when working with patients. Managing Diabetes: What is Diabetes? Causes of Diabetes, Diabetes Self-management Activities, ABCs of Diabetes, Medications for the ABCs of Diabetes, Stress and Depression, Alcohol and Nicotine Action Plans and Follow-up Care: What are behavior-change action plans? How can coaches work with patients to create a meaningful and successful action plan? How can coaches follow-up with patients regarding action plans? Productive Visits: Setting Agendas - How can coaches work with patients to set an agenda for the visit before the start of a visit? Closing the Loop - How do coaches make sure the patient understand clinicians' instructions about taking medications? Medication Education: How can coaches find out what medications the patient is actually taking? How can coaches find out how patients are taking their medications? How do coaches problem solve when patients are not taking their medications?</p>
<p>Mindy Boccio, MPH Senior Project Manager REGIONAL HEALTH EDUCATION The Permanente Medical Group, Inc. 1950 Franklin St. , 13th floor, Oakland (510) 987-4444</p>	<p>Motivational Interviewing Training – lengths and format vary. Kaiser also has web-based training, with CME, at no-cost to non-Kaiser individuals @ http://www.kphealtheducation.org/chronic/index.html</p>
<p>Institute for Healthcare Communication, Inc. 171 Orange Street 2nd Floor, 2R New Haven, CT 06510-3111 Telephone: 800-800-5907 or 203-772-8280 Fax: 203-772-1066 e-mail info@healthcarecomm.org</p>	<p>½ to 1-day workshops West Coast consultant contact: Laurence H. Baker, PhD Phone: 503-789-8807 mailto:bakerlh@teleport.com</p>
<p>Steven Malcolm Berg-Smith stevenmalcolm@berg-smithtraining.com</p>	<p>3-day motivational interviewing workshops (\$500) 3-DVD set for MI trainers (\$110)</p>
<p>UCSF Training Curriculum for Health Coaches</p>	<p>Training curriculum for trainers http://familymedicine.medschool.ucsf.edu/cepc/pdf/HealthCoachTrainingCurriculumMay08.pdf</p>