

The Solution Focused Approach To Health Behaviour change

BHF National Centre for Physical Activity and Health
Garrath Ford

Knowledge and behaviour

Opportunity

▶ Solution Focused Health Professionals

21st Century Health Care



Three easy-to-use ideas

▶ 1. Conversations of Partnership

Traditional orientation

Professionals:

- ▶ The expert on problems
- ▶ The fixer of problems

Traditional orientation

Patients:

- ▶ **Problems** that need **fixing**
- ▶ Lacking something
- ▶ Passive

“

If the only tool you have is
a **hammer**, then most of your
clients will look
like **nails**.

”

From problem solving to **solution building**

From giving advice to **asking useful questions**

▶ 2. Work Towards Patients' Best Hopes

Traditional orientation

- ▶ Professional imposes goals (pre-defined)
- ▶ Patients have to fit in with us

Traditional orientation

▶ Patients labelled as:

“Not motivated”

“Resistent”

“Ambivalent”

“Not ready to change”

“

Whatever the client is doing is the **best** that s/he can do right now and represents the clients **best way of attempting to cooperate** with us.

Given that, what we need to do is to **find ways** of cooperating with the **clients best way of cooperating.**

”

Steve de Shazer

“

What are your **best hopes**
from our work together?

”

- **Video** (Cheryl)
- *“Try a bit more and believe in myself”*

**Allow us to see patients as well
intentioned people who want to
create a positive future.**

Pairs exercise

- ▶ **What are your best hopes from this conference?**
- ▶ How will you notice tomorrow that it was useful?
- ▶ What will your colleagues and patients notice about you, that will tell them it has been really helpful?
- ▶ What will this lead to?

▶ 3. Work with Competence

What would happen if patients **only**
lived up to our
expectations of them?

► Find what is working and amplify it

From initiating change to **joining with what is already working**

“What’s better?”

▶ **Video example: 2nd session**

“

The **patient** constructs his or her own **solutions** based on his or her own **resources** and **successes.**

”

Summary

- 1. Conversations of Partnership**
- 2. Work Towards Patients' Best Hopes**
- 3. Work with Competence**

Social Support

Self-management
of long-term
conditions

Medication
adherence

Sleep

Skills to promote behaviour change in the context of individuals improving their total lifestyles

Fully engaged with
professionals

Smoking
cessation

Healthy eating

Returning
to work

Wellbeing

Physical
activity

To Learn More

- > In House Training**
- > Open course (Feb 5th 2016)**

- > Book chapter available at:
www.fsem.ac.uk
garrathf@hotmail.com**

Thank you