



Unlocking Behaviour Change

A one-day workshop on helping people change their behaviour

Location: Bridgefield House, Queensway, London W2 5HR, UK

Date: 26th April 2018

What this workshop is about

This is a workshop for practitioners who advise clients on an individual basis to help those clients achieve behaviour change: e.g., stopping smoking, improving their diet, getting more exercise, drinking less alcohol.

Each type of behaviour has its own unique features that require specialist expertise on the part of the practitioner (e.g., understanding effective use of stop-smoking medicines), but there are also general principles of behaviour change whose application can improve the effectiveness of the advice given.

This course aims to improve practitioners' knowledge and skills as regards those general principles.

Course tutors

Professor Robert West and Dr Fabiana Lorencatto, Centre for Behaviour Change, University College London

Topics to be covered

1. What are the key principles in helping people change their behaviour?
2. How should one approach this in practice?
 - a. Setting the right target
 - b. Finding out what one needs to focus on to achieve this target
 - c. Planning the intervention
 - d. Putting the intervention into practice
 - e. Monitoring progress and making changes as needed

Programme

- 10:00 Welcome and introduction to the course
- 10:15 Review of participants' expertise and workshop goals
- 10:30 Milestones in behaviour change
- 11:00 Break
- 11:15 COM-B: Finding out what needs to change
- 12:00 Behaviour Change Techniques: How to promote change
- 12:30 Lunch
- 13:00 Introduction to practical exercises
- 13:15 Practical exercise 1: Helping someone lose weight
- 14:30 Break
- 14:45 Practical exercise 2: Helping someone stop smoking
- 15:30 Keeping records
- 15:45 Recap, quiz and feedback
- 16:30 Finish

Quiz

Answers to this quiz can be found in the slideshow: [Unlocking behaviour Change](#)

Milestones in behaviour change

1. What is behaviour change?
2. Behaviour change to improve people's lives typically involves what two types of activity?
3. What are the four milestones of individual behaviour change?
4. When helping someone decide what to change what the four points that need to be addressed?
5. What are two key tips for helping someone decide what to change?
6. When helping someone plan what to change what are the four points that need to be addressed?
7. What are two key tips for helping someone planning to change?
8. When helping someone get going in changing behaviour what are the four points that need to be addressed?
9. What are two key tips for helping someone getting going?
10. When helping someone keep going what are the four points that need to be addressed?
11. What are two key tips for helping someone keeping going?

COM-B

1. What does COM-B stand for?
2. Complete this sentence in terms of COM-B: 'Behaviour occurs when someone has the ? and the ? and the ? to do the behaviour is greater than the ? to do something else'
3. What are some examples of the kinds of things that come under the C of COM-B?
4. What are some examples of the kinds of things that come under the O of COM-B?
5. What are some examples of the kinds of things that come under the M of COM-B?
6. What are some examples of the kinds of things that come under the B of COM-B?
7. What do the arrows in the COM-B diagram signify?

Behaviour Change Techniques

1. What is a behaviour change technique (BCT)?
2. Give three examples of BCTs that can help improve capability?
3. Give three examples of BCTs that can help improve opportunity?
4. Give three examples of BCTs that can help address motivation?
5. Give three examples of BCTs that can help with supportive behaviours?
6. Give three examples of things you need to think about when deciding whether to use a BCT