

“Who’s the expert? Increasing your workforce at zero cost”

Workshop proposal.

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CVD is a multi-faceted challenge requiring a multi-faceted response. Whilst practitioners have a range of skills and resources they have a finite amount of time. Patients have 168 hours per week to divide between work, rest and other activities. This is a huge and generally untapped resource. Validating, valuing and making best use of patient’s expertise is a significant opportunity for practitioners and teams.

Taking an ‘expert’ stance when working with patients leads to a reduction in the patient’s internal locus of control. More effort is required on the part of the practitioner and responsibility for failure to reach objectives has a negative effect on individual and team morale.

Using solution focused approaches to conversations leads to shared expertise, agreed and achievable goals and better outcomes. Patients are enabled to make changes in a range of health behaviours as the skills developed through solution focused conversations are transferable to other areas.

Staff using the approach experience higher levels of job satisfaction and lower levels of stress.

In this workshop a short presentation on the core principles of solution focused practice will be followed by a hosted conversation with delegates to suggest take away tools for practice.

Free to access resources will be offered as a supplement to the workshop.