

# Fundamentals of Patient-Centered Prevention Counseling

## Workshop Agenda

### DAY ONE

- 0800-0900 Introduction  
Welcome  
Administrative announcements  
Trainer introductions  
Participant introductions  
Participant manual  
Workshop goal and objectives  
Pre-course knowledge assessment  
Workshop structure and ground rules  
Clarifying the intervention and expectations
- 0900-0910 Break
- 0910-0930 Looking at Judgment
- 0930-1000 **Exercise:** Looking at judgment
- 1000-1010 Break
- 1010-1115 Basic counseling skills  
Definition of client-centered prevention counseling  
**Exercise:** Personalizing risk behaviors  
Counseling Concepts  
    Qualities of a helping relationship  
    Three counseling concepts  
        Focus on feelings  
        Manage your own discomfort  
        Set boundaries  
    Four counseling skills  
        Open-ended questions  
        Attending  
        Offering options, not directives  
        Giving information simply
- 1115-1130 Introduction to the six-step counseling process
- 1130-1230 Lunch
- 1230-1245 Step 1: Introduce and Orient the Client to the counseling session

- 1245-1315 Step 2: Identify Client Health Risk Behaviors and Circumstances
- 1315-1345 Step 3: Identify Healthier Goal Behaviors
- 1345-1355 Break
- 1355-1415 Demonstration, steps 1-3  
Discussion
- 1415-1425 Break
- 1425-1525 **Exercise:** Small group role plays: identification of risk and goal behaviors
- 1525-1545 Wrap-up  
Feedback on role-play exercise  
Summary of steps 1-3  
Homework  
Tomorrow's activities

## **DAY TWO**

- 0800-0810 Review (include parking lot issues)
- 0810-0855 Step 4: Develop a Personalized Action Plan  
Introduction  
Stages of Change  
Benefits and barriers  
Factors that affect behavior change
- 0855-0905 Break
- 0905-0940 **Exercise:** Small group role plays: addressing factors that influence behavior
- 0940-1000 Group reports
- 1000-1010 Break
- 1010-1025 Step 5: Make Effective Referrals
- 1025-1040 Step 6: Summarize and Close
- 1040-1100 Review of Steps

1100-1120	Demonstration role play / Counseling session introduction
1120-1220	Lunch
1220-1350	Individual practice counseling
1350-1400	Break
1400-1530	Individual practice counseling
1530-1540	Break
1540-1610	Evaluation Post-course knowledge assessment Post-course evaluation
1610-1630	Closing: Remarks / Certificates