

Solutions On Site

Mental Health & Wellness Workshops

Supporting Clients with Chronic Illness:

Evidence-based Practices to Improve Adherence, Mental Health & Quality of Life

Facilitated by Dr. Dayna Lee-Baggley, Ph.D., R. Psych.

April 29th, 2022, 9:00-4:00pm EST, Early Bird Rate: \$185+hst

Millions of Canadians are living with a chronic health condition, yet few therapists are well trained to address the unique psychological issues for clients with chronic health conditions. Acceptance and Commitment Therapy (ACT) is an empirically supported therapy for a number of disorders and problems including chronic health conditions such as chronic pain, obesity, cancer, diabetes, and heart disease. This workshop will present evidence-based theory, knowledge, and skills from Acceptance and Commitment Therapy as well as Motivational Interviewing, Cognitive Behaviour Therapy, and Behaviour Modification for therapists working with clients with health conditions. Topics that will be addressed include encouraging behaviour change and adherence as well as how to support and improve mental health and quality of life with clients facing a chronic or life-threatening health conditions. Training will involve learning concrete, applicable skills based on the latest research through experiential activities and interactive didactic learning. Case examples from real-life settings are used to ensure skills can be applied.



Dr. Dayna Lee-Baggley is registered clinical psychologist who has worked extensively with clients with chronic illness and life threatening health conditions within medical, surgical, and cancer care multidisciplinary teams. She is an internationally recognized trainer in Acceptance and Commitment Therapy and specializes in ACT for health conditions. She has an active research program on ACT and behaviour change in chronic disease.

Objectives:

1. Understand unique issues when working with clients with chronic illness
2. Review and practice empirically based skills in motivational interviewing to assess readiness for change
3. Review and practice empirically based skills in motivational interviewing to provide interventions matched for level of readiness for change
4. Learn empirically based skills from Acceptance and Commitment Therapy to improve adherence to health behaviors, mental health, and quality of life for clients with chronic illness

**For details or to register,
visit www.SOSWorksops.ca or call 226-268-2307**