



Supporting and Assessing Emotional Health in Adults with Diabetes: A One-Day Workshop

Welcome to everything you need to know about commissioning our brand-new workshop, approved by Diabetes UK!

Each participant will also automatically receive SD's certificate of attendance, either in hard copy or electronically - or both if you wish!

Please find all the information about the workshop below,

Overview

This useful, practical workshop addresses one of the most challenging, sometimes overlooked, areas in diabetes care - how to support people with their emotional as well as physical health. Diabetes can have a profound effect on emotions, both in the short and long term, and can lead to difficulties in self-care as well as interactions and engagements with health professionals and others providing care. Conversely, experiencing difficult emotions and coinciding mental health challenges and diagnoses can make living with diabetes much more burdensome. Health professionals often say they feel ill-equipped to deal with emotional issues in diabetes clinical situations, or to proactively assess these

This workshop supports participants to gain more practical knowledge of diabetes and emotions, by describing and exploring the different aspects through our trademark practical and interactive activities. Uniquely, we also present and teach ways to assess and monitor emotional health, most importantly to the advantage of individual people in day to day clinical encounters, and also in your clinic population. We explore which tools to use and how they can enhance your clinical practice and evidence base

Participants will leave with new knowledge and confidence to manage emotional aspects of diabetes and an action plan to incorporate emotional care equally with physical care. As with all SD workshops, they will have participated in an enjoyable learning experience provided by experts in diabetes, education and facilitation

Workshop Structure

This is a one-day workshop, running from 9.30am to 4.30pm. Participants can include any diabetes team members who regularly consult with adults with diabetes and those who have responsibility for audit, assessment and research. Its aim is to provide evidence-based, practical skills to use in consultations about emotional health.

The workshop facilitators are Rosie Walker, Director, Successful Diabetes and Dr Keith Meadows, Health Psychologist and CEO, Health Outcomes Insights Ltd. Both are highly experienced in, and committed to, the delivery of emotional care and assessing emotional health. The workshop is based on, and will feature, first-hand testimony and experiences of people living with diabetes. The workshop will also showcase and refer to the Diabetes UK's online resource, 'Diabetes and emotional health: a practical guide for healthcare professionals supporting people with Type 1 and Type 2 diabetes'.

Workshop Costs (for up to 25 participants in the UK)

This workshop costs £2500, including all facilitator costs and travel and excluding venue and equipment, refreshments and participant attendance and expenses.

This workshop automatically includes take-home resources and a certificate of attendance

Our workshop terms and conditions can be found via this link:

<http://www.successfuldiabetes.com/working-with-diabetes/workshops/booking-your-workshop/workshop-terms-conditions-and-costs>

For more information and to book your workshop contact us at

enquiries@successfuldiabetes.com

Or

Telephone Rosie Walker on 07885 499943

Proud to announce this workshop is approved by

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.