Adventures in Behaviour Change: Lessons from the Front Lines of Teaching and Clinical Work

MONDAY, NOVEMBER 18, 2019 | 12:00 - 1:00 PM
Frederic Gaspard Theatre | Basic Medical Science Building | Bannatyne Campus

MAXINE HOLMQVIST, PhD
Associate Professor, Department of Clinical Health Psychology, University of Manitoba

Maxine Holmqvist is the faculty lead for health psychology in the undergraduate medical curriculum and is also a clinical teacher in the Max Rady College of Medicine. She is a past-chair of the Clinical section of the Canadian Psychological Association, and currently is working with a national team of experts to build a web-based resource supporting Evidence-Based Practice in Psychology. Her research interests include primary prevention of mental health disorders, psychological influences on health behaviour, improving health care delivery and interprofessional education and collaborative care. Clinically, she has worked in primary care, where her focus is on consultation and brief treatment, and in hospital settings, where she sees patients with a range of presenting concerns.

Objectives

- Demonstrate that facilitating behaviour change is often crucial to achieving clinical outcomes
- Describe barriers to successful behaviour change in patients and health care providers
- Discuss initiatives targeting behaviour change in pre-licensure medical learners and practicing psychological professionals

Sponsored by the Office of the Vice-Dean Research
Rady Faculty of Health Sciences