

**Heart in Mind**  
**Psychosocial Interventions in Cardiac Rehabilitation**

This is a course for health professionals aimed at increasing awareness, expertise and confidence in the management of the psychological impact of heart disease. The programme also seeks to increase confidence in the use of approaches to relieving distress and to encourage recognition of the need for specialist intervention.

The course is open to any health professional involved in the care of people with cardiac disease. The programme aims to increase awareness of psychological issues associated with coronary heart disease so that problems are more readily identified.

The programme itself emphasises the importance of recognising and addressing psychological aspects of coronary heart disease so that risk factors can be reduced and treatment adherence enhanced. The programme is highly experiential, with an emphasis on building on and enhancing existing skills. Due to this interactive nature there is a maximum number of 12 participants.

The programme modules cover:

- Module 1:** Psychological factors in heart disease
- Module 2:** Understanding, assessing and analysing psychosocial difficulties
- Module 3:** Working with difficulties to produce change
- Module 4:** Tools for working with thoughts and misconceptions
- Module 5:** Influencing behaviour change and exploring special problems
- Module 6:** Reviewing practice and looking forward

**Venue:** Training & Development Centre, Royal Alexandra Hospital, Paisley

**Dates:** 14<sup>th</sup>-16<sup>th</sup> November 2006 with a follow up day on 10<sup>th</sup> Jan 2007

**On this occasion priority will be given to applications from NHS Greater Glasgow & Clyde. There will be limited availability for external applicants who should apply for details of costs and/or to be added to the waiting list.**

Accommodation, meals & travel costs to be met by applicants.

For more information or an application form, please contact:

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