Designing interventions using the Behaviour Change Wheel

A one day workshop co-hosted by the NHMRC Centre of Research Excellence in Translational Research in Musculoskeletal Pain and the Centre for Behaviour Change, University College London (Australasian Hub)

Monday 22nd February 2016  10.00am – 4.30pm
Room 704, Alan Gilbert Building, 161 Barry Street, University of Melbourne
Facilitated by Dr Lou Atkins - UCL Centre for Behaviour Change

This one day workshop will introduce the principles of behaviour change and demonstrate how these can be applied to a range of practical problems to improve health and the delivery of health care services. Participants will be introduced to methods to:

• Identify and analyse key behaviours in context, describing how capability, opportunity and motivation interact to support behaviour change
• Identify targets for change using the COM-B model
• Apply the Behaviour Change Wheel to develop a broad strategy for behaviour change
• Identify specific Behaviour Change Techniques to include in interventions in the strategy

Lou Atkins  PhD is a researcher, trainer and consultant in behaviour change intervention design and evaluation in health and environmental sustainability. Dr Atkins is a Senior Teaching Fellow of the Centre for Behaviour Change (University College London, UK) where she leads the teaching programme. She is also a member of the Health Psychology Research Group at University College London. Lou is also co-author of the book Behaviour Change Wheel: A Guide to Designing Interventions.

To register:  http://ecommerce.mdhs.unimelb.edu.au/categories.asp?cID=54
$600 standard registration, $400 for students.
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