

May 12, 2003 11:00am – 12:00pm

1-hour Workshop

Rick Botelho

1.06 e-Learning Management Systems:

Motivate Healthy Habits and Self-Care of Chronic Disease

The Motivate Healthy Habits program is the first integrated method to: 1) help practitioners and patients improve their own health habits, and 2) learn how to become better health coaches to others. This program uses multiple theories to meet their needs rather than making them fit into the mold of a particular theory. This program offers them a unique learning process to address the complexities of change; “I (don’t) think that I should change, but (and) I don’t feel like it”. This process can help them move beyond superficial change (gaining knowledge, declaring intentions) to deep change. The heart of deep change involves doing emotional work, reflecting about motives, and changing perceptions and values. This learning process is essential for enhancing the performance of disease management programs and is described in the guidebook, *Motivate Healthy Habits: Step-by-step Approaches to Lasting Change*. This book has been converted into an online learning process, using a user-friendly, e-learning management system. The e-LMS allows participants to interact with both a structured, learning process and each other, and helps to create supportive, online learning communities. These communities energize the learning process to create emotionally engaging, growth experiences toward healthier lifestyles and self-management of chronic diseases.