

Planning for the Future: my personal summary



The following are some questions to help you identify what has been helpful for you and what things have helped you move on during the teaching sessions, and uses a similar same approach used in the Planning for the Future workbook by clients trying to review how they have changed. Write down your thoughts in the space below each question:

My journey:

Q. What is different in how I work/think now from before? What gains have I made? How have I improved in my understanding of each of the five areas?

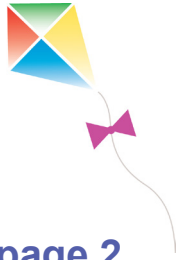
- In working with patients thinking?

- In working with patients feelings?

- In working with patients behaviour?

- In working with patients physical symptoms?

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- In helping people with the practical situations, relationships and practical problems that I face in my everyday clinical work?

Q. What new skills have I gained that I can use to help me work in effective ways with my patients and colleagues?

Q. How can I continue to use what I have learned on my everyday life?

Q. What things might get in the way of me doing this? How can I deal with these obstacles? What practical steps can I take?