



**TĀMAKI**  
HEALTHCARE

## Primary Mental Health - 2009 Seminar Series

### Helping People to Help Themselves:

#### Effective Communication Strategies To Enhance Self-Care for Patients with Mental Health Issues

Using an actor and via demonstrations, we will consider how best to talk with people in ways that will enhance their behavioural change and self-care. Dr. Richard Fox, while still a GP on paper, has further trained in counselling and psychotherapy and now practices in this field. He has a good deal of experience leading workshops with doctors, nurses and others looking at how we can communicate most effectively at the coal face.



**For:** GPs, Nurses, Psychologists, Counsellors, Social Workers, and Other Allied Health Professionals

**When:** July 8<sup>th</sup>, 2009  
6:30pm – 7:00pm Refreshments  
7:00pm – 9:00pm Program

**Where:** St. Columba Centre  
40 Vermont Street  
Ponsonby

**Parking:** Ample Free Parking Available

**Cost:** Free to all healthcare professionals working within the ADHB catchment area. A \$20.00 registration fee applies to all those who are outside the ADHB catchment area.

**Presenter:** Dr. Richard Fox, MB BChir DCH Dip Obs FRNZCGP, Dip Counselling

**Tamaki Healthcare is a Registered RNZCGP Provider  
2 Continuing education credits apply for each program.  
Registration to attend is essential.**

For further information and registration please go to  
[www.tamakihealthcare.org.nz](http://www.tamakihealthcare.org.nz) or call 09 816 8558.

**Space is Limited! Be Sure to Register Early!**

Program contact: Louisa Walker, Ph.D. Primary Mental Health Project Manager  
**Tamaki Healthcare** PO Box 8139, Symonds St, Auckland  
Ph: (09) 816-8558 Mob: (021) 224 6601