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strategies are more effective; Summary; References; 4 Making Choices, Setting Goals; Introduction; Why don't people do what is best for them?; Self-regulation, goals and values; Behaviour-serving goals; Limited resources; SMARTER; Sleep; Summary; References; 5 The Teacher: Moving from Good to Exceptional; Introduction; Healing; Who is a teacher?; Attributes of a 'good' teacher; Moving from good to exceptional; Philosophy of diabetes care and education; Factors that influence philosophy; Therapeutic relationship; Listening Know yourself Wounded healer; Reflection; Being present in the moment; Self-care; Summary; References; 6 People Do Not Always Speak the Same Language Even When They Speak the Same Language; Introduction; What is language?; Components of language; Paralingual sounds; Gestures; Words; Spoken; Written; Learning a language; The power of language; Body language; Culture; Exchanging information: a complex process; Encoding and decoding; Intentionalist; Perspective-taking; Dialogic; Language and attitude change; 'Voices'; Narrative medicine; The value of reading fiction Using writing in diabetes care Education materials; Winnie the Pooh has the last word; References; 7 Role and Use of Creative Arts in Diabetes Care; Introduction; Medical identity; The four cardinal axes of healthcare delivery; The disease; Understanding the clinical relationship between an HP and the patient; The therapeutic education of the patient and their family; The accompaniment of the patient over months and years; Listening to patients and modes of self-expression; Promoting creativity; Painting as a process of transformation; Structure of the painting workshop; Results Creation involves introspection

Sommario/riassunto

Diabetes education is a process, the key to which is establishing a therapeutic relationship with the individual. The overall goal of diabetes education is to enhance the individual's health capability, including their ability to solve problems and apply the learning to self-care. Thus, diabetes education is an interactive process of teaching and learning where information is co-generated. This innovative and thought-provoking new book explores the 'how' of diabetes education, rather than the 'what' and the 'why'. Diabetes Education: Art, Science and Evidence helps healthcar
