

## PREVIEW\_ Dr. David Unwin - Helping Patients with Type 2 Diabetes (Breckenridge 2017) 2

**Dr. Unwin:** You can give information to patients, but the framing of that information can make a big difference to choices. So the hope for patients, so important. Jen has spent decades looking into the difference that hope makes to patients.

If we give them hope, they are more likely to move towards the light. If we threaten them and say, "If you do not control your diabetes we will chop this off and we will..." They just close down, I had patients I told off.

They will go away for five years and not come back by telling them off. But if you start talking about a better life and you can make a difference yourself, what a difference it makes to them. They listen to me properly and they make changes.

Jen has spent her whole lifetime on clinical psychology, but for the benefits of this afternoon just on one slide, which is the whole clinical psychology done in just one slide, and we see if we can do clinical psychology in maybe three minutes. Let's have a look.