

Guided Self – Determination

A Professional Development Program for Diabetes Educators



An empowerment intervention for the self-management of diabetes, delivered online by diabetes educators

This exciting professional development opportunity is being conducted by Deakin University specifically for diabetes educators and is endorsed by ADEA. Successful program completion will enable you to utilise Guided Self Determination (GSD) online with your clients.

The Guided Self-Determination (GSD) method is designed to guide adults with diabetes (Type I and Type II) to enjoy a healthier life through self-reflection and interactions in 4-6 conversations online with diabetes educators.

The GSD method is an evidence-based program for adults to self-manage the complexity of living with diabetes. The GSD method emphasises mutual reflection by clients and their diabetes educators, and consideration of what is important to clients as a priority.

The professional development for diabetes educators will focus on learning knowledge and skills to use the GSD program online, facilitation of 4-6 interactive online sessions with adult clients with diabetes, and an assessment for ADEA endorsement.

The educational program involves e-learning, practical skill development with individual and group feedback, practice with real clients, and assessments. As a diabetes educator, you will draw on your practical knowledge and experience to develop knowledge and skills in facilitating GSD conversations with those who have lost motivation to manage their own diabetes.

If you are a diabetes educator with more than 2 years' experience in diabetes care, this program is for you.

Registration

Please [register here](#)

If you have any questions, please contact Professor Bodil Rasmussen gsth@deakin.edu.au

Time Commitment

First: Approximately 3-4 hours of pre-learning via our Practitioner pre-learning course online)

Then: An online workshop facilitated by the GSD team via Zoom on **Friday 1st of August 2025 from 9am to 4pm.**

Subsequently, at times that are suitable for you: Meet two of your own clients online to facilitate 4-6 GSD conversations with each of them over a 2-6 month time period. Each conversation usually lasts 15-45 minutes.

Finally, you will be asked to do a brief online assessment to obtain CPD points from this ADEA endorsed course.

The course is endorsed by ADEA for 12 CPD points



Cost

The GSD preparatory learning materials and workshop is \$200 including GST. A certificate of completion and endorsement by ADEA will be provided after you have completed the program with two clients and the assessment.

Possible Benefits

You will gain advanced communication skills, recognition as a Guided Self-Determination Practitioner and the opportunity to use your knowledge and experience to mentor others in subsequent programs.