

HRSA Ryan White HIV/AIDS Program

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# All About The Thinking Six Hats

June 22, 2023

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Department  
of Health



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## Learning Objectives: You Will Learn About...

- Edward De Bono's Six Thinking Hats
- Purpose of lateral thinking
- Organizing meetings to be more productive
- Maximizing problem-solving opportunities
- Using the Six Hats to improve communication
- Using the Six Hats to develop quality improvement activities as a team

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# A Well-worm QI Tool



- Today we'd like to tell you about Edward De Bono's Six Thinking Hats, a quality improvement tool for making meetings more productive.
- You know how sometimes when meeting to discuss an important issue, people can talk at each other rather than working together to solve a problem?

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# Six Hats and Stigma Reduction



- Let's say for instance that the meeting is about reducing HIV stigma.
  - While one person is talking very passionately about how HIV stigma has negatively impacted their care, another is trying to brainstorm a solution.
  - One person is criticizing a brainstormed idea, another praising it.
  - At the same time, another is trying to talk about just the facts, what is known about HIV stigma.
  - The meeting facilitator gets exasperated because everyone is talking but no one is listening.

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The Six Hats help everyone to stay on the same page during the discussion, everyone wearing the same hat at the same time, a process called **Lateral Thinking**



<p><b>White Hat</b> Facts</p>		<p>Facts - Names, Numbers, Indisputable</p>
<p><b>Red Hat</b> Emotions</p>		<p>Emotions - I feel.....</p>
<p><b>Black Hat</b> Negatives</p>		<p>The danger is that .....</p>
<p><b>Yellow Hat</b> Positive</p>		<p>Positive - The benefits will be .....</p>
<p><b>Green Hat</b> Creativity</p>		<p>If only ..... I would love .....</p>
<p><b>Blue Hat</b> Overview</p>		<p>Recap, Summary of Next Steps</p>

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While wearing the white hat, everyone can only talk about the facts-  
what is known about HIV stigma.



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While wearing the red hat everyone can only share their emotions-  
how they feel about HIV stigma, and how it feels to be stigmatized.





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While wearing the black hat, everyone can only be critical of the new ideas to reduce HIV stigma.



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While wearing the yellow hat, everyone can only be positive, saying what was good about the stigma reduction ideas-why they could work.



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While wearing the green hat everyone can only share creative ideas on how to reduce HIV stigma.



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The facilitator of the meeting always wears the blue hat, blue like the blue sky, overseeing the meeting, making sure everyone wears the same hat at the same time.



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The Six Hats Exercise helps them to develop a solid plan to reduce HIV stigma, which they test and improve before implementing.



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# To Learn more about HIV stigma reduction...

Check out the Quality of Care Program website-<https://quality.aidsinstituteny.org> where the AIDS Institute Stigma reduction survey and QI initiative can be found

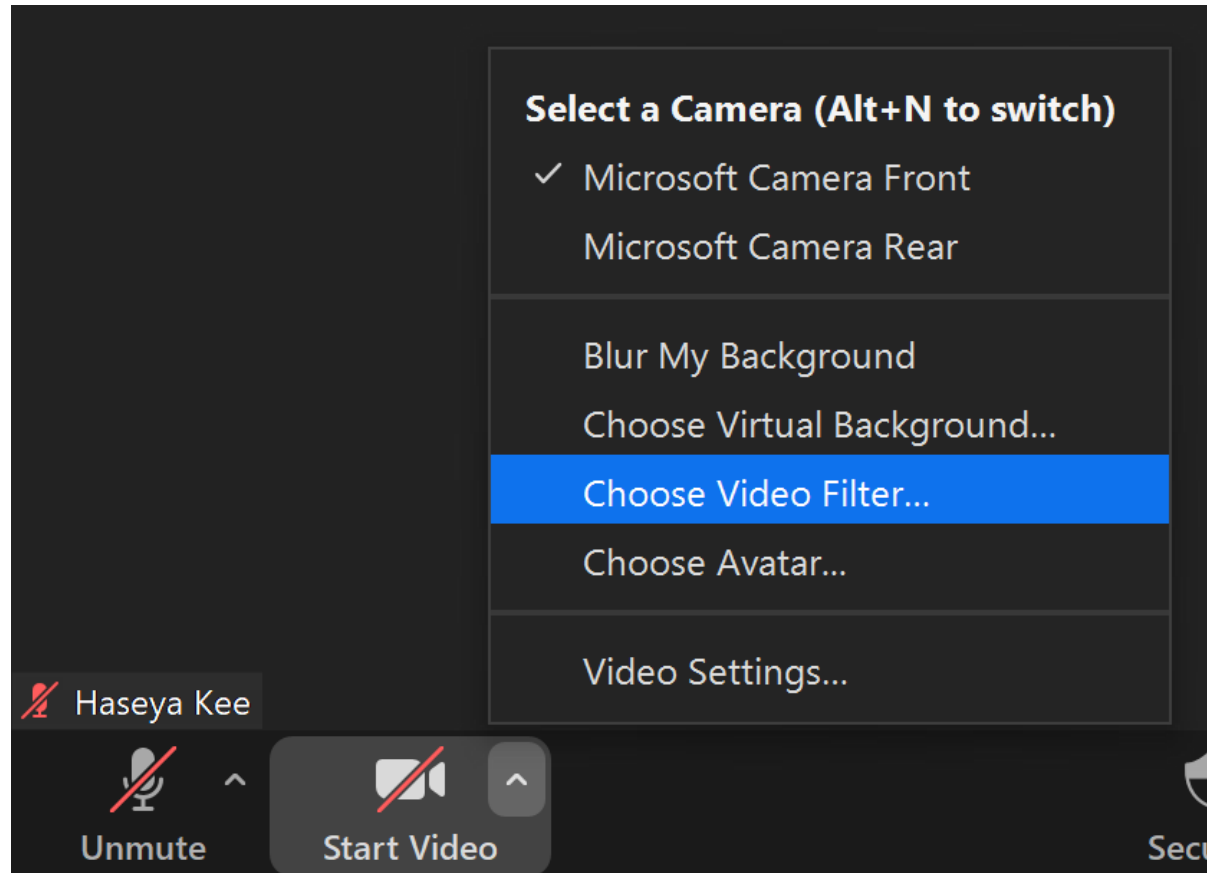
And stay tuned for the HIV stigma reduction toolkit, which will soon be posted on the website!

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# EXERCISE:

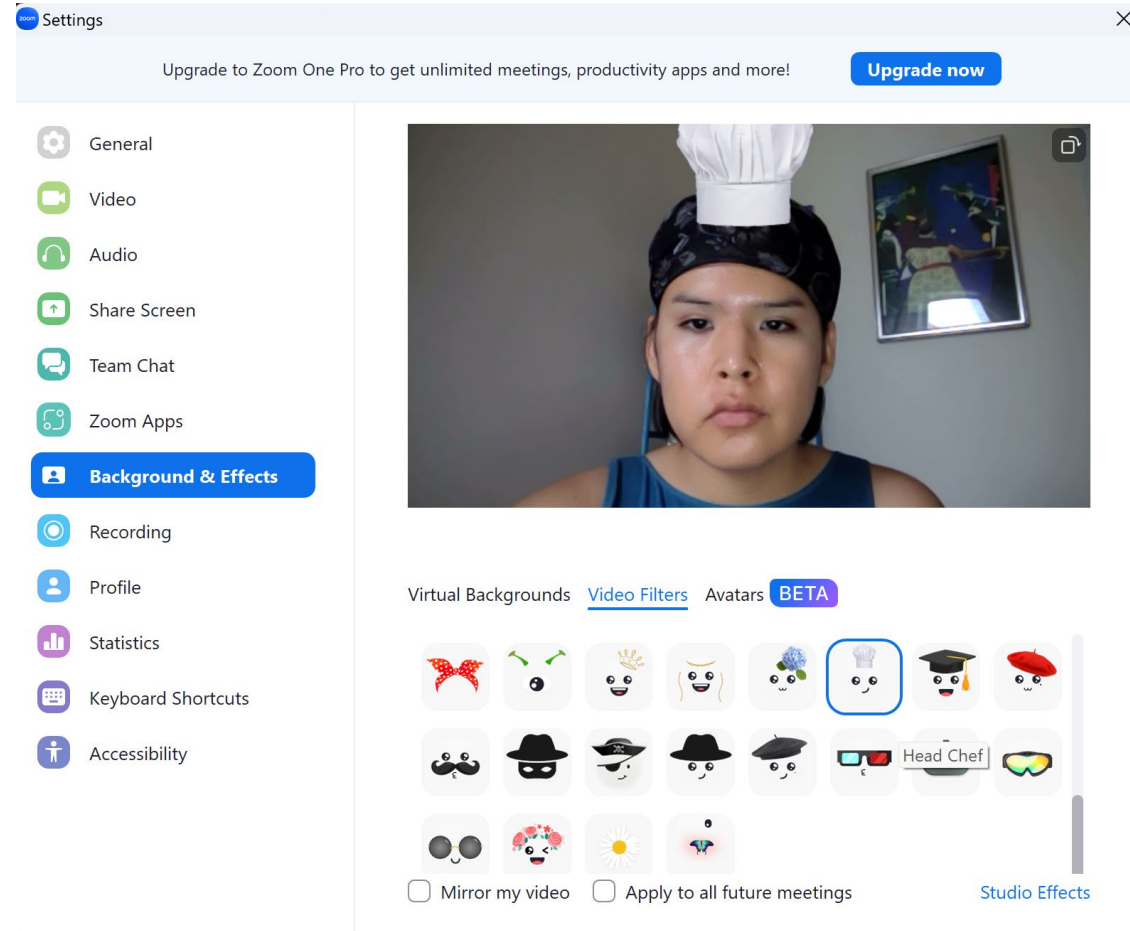
Use the six hats to discuss improving care for  
older people with HIV (PWH)



# How to add video filters in Zoom





# How to add video filters in Zoom



<b>White Hat</b> Facts	 	Facts - Names, Numbers Indisputable
<b>Red Hat</b> Emotions	 	Emotions - I feel...
<b>Black Hat</b> Negatives	 	The danger is that...
<b>Yellow Hat</b> Positives	 	Positives- The benefits will be...
<b>Green Hat</b> Creativity	 	If only... I would love...
<b>Blue Hat</b> Overview	 	Recap, Summary of Next Steps

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# Questions?



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Thank you!



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### Learn More

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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.5M. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.