



## *Brief Intervention (transcript)*

### **Video 5**

## **Negotiating a Plan**

**By Dr. David Brown**

[FADE IN:]

[INT. CLINICIAN'S OFFICE – DAY]

In order to increase the likelihood for early success in reaching the initial goals for drinking change, the Clinician asks the patient to anticipate potential obstacles and helps to identify ways of dealing with them. In this scene the Clinician is speaking to David, a grad student, about his drinking.

[CLINICIAN]

So, there's lots of ways that people can reduce their drinking, what have you already thought about that might work well for you?

[DAVID]

Um, I think I have to be careful who I drink with maybe. Uh...

[CLINICIAN]

Choosing the people...

[DAVID]

Maybe a little bit more and try to hang out a little bit more with the few people that don't drink quite as much.

[CLINICIAN]

Okay.

[DAVID]

Yeah, that would probably help.

[CLINICIAN]

Any other thoughts about that?

[DAVID]

Well it would probably help if I didn't go every night.



[CLINICIAN]

Umm Hmm (agreeing)

[DAVID]

Yeah, so that would make it easier not to be drinking as much, yeah.

[CLINICIAN]

Is there a way that you can more comfortably make that choice at that time?

[DAVID]

I'm not sure. I guess what I need to do is find things that I can do that would help me deal with the stress of the day and instead of going into the pub, doing something else.

[CLINICIAN]

And you know that's a terrific idea, and I've seen a lot of people use that technique, that they make an appointment with somebody or even with themselves and do something else instead of the activity that they're trying to reduce. So, a good example might be, and you've talked to me before that you joined a gym when you became diabetic?

[DAVID]

Yeah.

[CLINICIAN]

So then maybe meet a friend at the gym and then they're expecting you there, so you still have that conversation but you're also doing something that's stress reducing but not the alcohol drinking.

[DAVID]

Yeah.

[CLINICIAN]

So how does that feel?

[DAVID]

Yeah, I might... there's actually a guy that I drink with sometimes and he...

[CLINICIAN]

(interjecting) Okay.

[DAVID]

It could probably do him some good too, but ah, I think he'd be open to that.

[CLINICIAN]

Any other thoughts about what might help you cut down on the drinking?

[DAVID]

Well I think if I do I'll be able to talk more to my wife more about the stress and that I think that's probably gotten in the way.



[CLINICIAN]

Umm hmmm (listening).

[DAVID]

The focus is on the drinking instead of on the real source of the stress. Yeah.

[CLINICIAN]

Exactly. And certainly that's something that will make a difference, I think, and whether you can even concentrate on the actual problem.

[DAVID]

Um Hmm.

[CLINICIAN]

If the alcohol, the dislike of it or the defense of it is out of the way, then you're going to have a more real conversation. So that would be helpful?

[DAVID]

Yeah.

[CLINICIAN]

So we've gone over a few things and you've made some suggestions. How do you feel about what you've made? Do you think that two drinks in any one event and only twice a week is a realistic goal at this point for you?

[DAVID]

Uh, I think I can try that.

[CLINICIAN]

Okay.

[DAVID]

Yeah, I think I can try that.

[CLINICIAN]

Well, how do you feel about trying that for say three weeks, and then letting me know how that's working?

[DAVID]

Sure, okay.

[CLINICIAN]

That would be another appointment to come in. And, one of the things that we have here, is that I have some cards that work quite well in terms of people holding on to them and filling them out so that it's a lot easier to remember what I did or didn't do today, than what I did three weeks ago, for myself and for most people.

[DAVID]

Okay.



[FADE OUT:]

The End