



Brief Intervention (transcript)

Video 1

Establishing Rapport to Discuss Alcohol Use

By Dr. David Brown

[FADE IN:]

[INT. CLINICIAN'S OFFICE – DAY]

From the onset, the clinician takes a non-judgmental and motivational stance. This sets the stage for asking a patient to identify specific problems relating to alcohol use. In this scene the Clinician is speaking to David, a grad student, about his drinking.

[CLINICIAN]

It's good to see you again

[DAVID]

Yeah.

[CLINICIAN]

Yeah, so thanks for dropping off the information that I asked you to fill out before. How did that feel to fill out that questionnaire about your drinking habits?

[DAVID]

Well, kinda weird my age you know somebody asking me about my drinking.

[CLINICIAN]

Um Hmmm (agreeing)

[DAVID]

But, um, it hasn't been a problem so far.

[CLINICIAN]

Okay, so as you were looking through the material did anything kinda strike a chord with you?

[DAVID]

I seem to be drinking a little more than most people.



[CLINICIAN]

Hmm okay. And as you said, I believe in the information that's 5 or 6 drinks most evenings?

[DAVID]

Yeah, on and off.

[CLINICIAN]

Okay, and the material looked a little different to you?

[DAVID]

Yeah.

[CLINICIAN]

Did that surprise you?

[DAVID]

Yeah.

[CLINICIAN]

Yeah.

[DAVID]

I guess everybody I hang around with, you know they're the ones I drink with and they seem to be doing about as much, we're all trying to get through grad school together you know.

[CLINICIAN]

Sure, sure. And certainly that often happens with people, is that the people we hang out with have similar habits to us that's for sure.

So, part of the material was information was about possible consequences because of drinking, did any of that strike a chord with you?

[DAVID]

Yeah, I guess I've been having some ah... I hadn't thought about it before but I mean might be relating to some tensions at home.

[CLINICIAN]

Mmm, okay can you tell me a bit more about that?

[DAVID]

Ah, well I go out and drink to kind of de-stress and I'm not home as early and my partner is sometimes not too happy about that.

[CLINICIAN]

Okay and what ends up happening with that?

[DAVID]

Oh some difficult conversations and then I kinda feel angry and down and I think she kinda feels the same way.



[CLINICIAN]

Okay and has that created anything else? Any worries about the marriage itself or anything like that?

[DAVID]

Ah...well if it was just that it might not be so bad you know but getting through grad school is, for both of us, is pretty tough and I think that on top of it is a hard load, yeah.

[CLINICIAN]

Your partner's in grad school as well?

[DAVID]

Yup.

[CLINICIAN]

Oh ya, well that's a double whammy isn't it?

[DAVID]

Yeah.

[CLINICIAN]

Okay, I can hear that. A couple of other things that were listed on there were things about health, like feeling as though you didn't have enough energy to do your work. Does that play into the difficulty with grad school?

[DAVID]

Yeah, I feel exhausted a lot.

[CLINICIAN]

Hmm okay, does that have any effect on whether you're getting to do your activities that you need to do, I think you're teaching course part time?

[DAVID]

Yeah, that was probably a mistake.

[CLINICIAN]

Hmm, okay.

[DAVID]

Just getting pulled in too many different directions...you know, not enough hours.

[CLINICIAN]

Is the sense there that you had been able to perform those duties though?

[DAVID]

It's getting harder.

[CLINICIAN]

Okay.



[DAVID]

Yeah, I mean, and that's going for a beer now and then just kinda takes the edge off of that.

[CLINICIAN]

Makes that feel a bit more comfortable?

[FADE OUT:]

The End