



Brief Intervention (transcript)

Video 3

Identifying Level and Sources of Motivation

By Dr. David Brown

[FADE IN:]

[INT. CLINICIAN'S OFFICE – DAY]

At this point, the Clinician assesses the readiness of the patient to begin changing drinking behaviour. This can include helping the patient to recognize important sources of motivation to change. In this scene the Clinician continues speaking to David, a grad student, about his drinking.

[CLINICIAN]

Do you think it's less likely or more likely that you will finish your goals if you continue drinking alcohol as you are?

[DAVID]

Well, drinking isn't going to make it any easier. Probably, yeah.

[CLINICIAN]

So, you think it will make a little bit of difference or quite a bit of difference if we didn't have the alcohol part?

[DAVID]

Probably quite a bit of difference but then I'd have to find another way to deal with the stress.

[CLINICIAN]

Absolutely, and I think you've hit the nail on the head there, that's very true. So, you've said that from your point of view, that if you had less of the impact of the way you're drinking right now, your life goals over the next six months would be a bit easier to accomplish.

[DAVID]

Yup, sure.

[CLINICIAN]

But I also hear you, that there's a lot of stress and we need to sort out how we're going to deal with that. Right? So, I want to assure you that this is a really good place to talk about that and that we have a lot of resources for you about that. And that's something that we're going to talk about once



we've looked at more how we can make a realistic goal about reducing the alcohol. Okay? Does that sound reasonable?

[DAVID]

Yeah, sure.

[CLINICIAN]

Okay. Ah if you look at this scale here, where would you put yourself in terms of your willingness to give this a try?

[DAVID]

Oh, probably on the higher end, yeah.

[CLINICIAN]

Okay, so we've got between five and ten there, where would you put yourself there?

[DAVID]

Today an eight.

[CLINICIAN]

An eight? What puts you so high?

[DAVID]

Oh, just since we've last talked I've been thinking about it and I guess it's coming together so I've kinda gotta bite the bullet.

[CLINICIAN]

Yeah, well you sound very motivated and that's really terrific. So the issue of really feeling like you need to do something about this is there anything else that's happened that's maybe pushed you into this?

[DAVID]

Well, I think my partner's kind of starting to draw the line.

[CLINICIAN]

Okay.

[DAVID]

And I don't think that she'll put up with too much more.

[CLINICIAN]

Okay, when you were talking about stress, is that causing you a lot of stress, her reaction?

[DAVID]

It adds to the stress, ya.

[CLINICIAN]

Okay, so we need to be careful about that.



[DAVID]

Yeah.

[FADE OUT:]

The End