



## *Brief Intervention (transcript)*

### **Video 2**

## **Exploring Reasons for Drinking; Building Ambivalence**

**By Dr. David Brown**

[FADE IN:]

[INT. CLINICIAN'S OFFICE – DAY]

The Clinician now urges the patient to identify benefits associated with the use of alcohol. The clinician then contrasts these felt benefits with the problems noted earlier, in order to increase the patient's ambivalence. In this scene the Clinician continues speaking to David, a grad student, about his drinking.

[CLINICIAN]

And also doing the little survey you've sort of indicated some other things that aren't working so well as far as alcohol goes.

[DAVID]

Yeah.

[CLINICIAN]

But, I mean, there's a reason that you do drink. You mentioned that you find that it relieves your stress taking the edge off. Are there other things about alcohol that you find is helpful in your life?

[DAVID]

Well, I mean I drink with my colleagues, you know, people that are in the same boat as me and it's a chance to I guess, share the load you know, and it's a chance to together and say "how's it going for you?", you know, commiserate. So that's good.

[CLINICIAN]

Is that the only social part of your day as a grad student?

[DAVID]

Well that's probably the only social part of my life right now.

[CLINICIAN]

Really?



[DAVID]

Yeah.

[CLINICIAN]

So that's a hard thing to not have in your life is that social connection.

[DAVID]

Yeah.

[CLINICIAN]

And especially good with people that understand the kind of things that you are going through?

[DAVID]

(agreeing)Mmmhmm for sure.

[CLINICIAN]

Have you ever had any of those situations where you were able to have those conversations but it wasn't around alcohol?

[DAVID]

Ah...well sometimes with the same people you might run into them in the mail room of the department or something and you might chat, but usually not that opportunity to really sit down, you know, I mean I suppose we could do it over coffee but usually at the end of the day everybody wants to go for a drink, you know, so.

[CLINICIAN]

Right. And is it work that you're doing? Or is it really just the end of day kind of jawing about the work?

[DAVID]

Oh, just the jawing about the work.

[CLINICIAN]

Okay, so you don't have to be part of that?

[DAVID]

Ah, no don't have to be. No.

[CLINICIAN]

In terms of the work...it's more the work is fine this is more your social outlet?

[DAVID]

Yeah.

[CLINICIAN]

Okay. Are there other things about drinking that have been good in your life?



**[DAVID]**

Um, well it just makes me feel better, you know I mean I feel when I'm not drinking I feel I'm either down or stressed so that just makes that go away for a little while.

**[CLINICIAN]**

Okay. So we've had some things about alcohol that are really good for you and certainly the reducing of stress is a really big and important thing in your life, right? The social connections, very important for all of us, right? So those are two things that are really helping you when you drink alcohol. And you talked a bit about the things that have not been so good about alcohol. So you've mentioned things like difficulty with your relationship with your partner. I believe you talked about money as being an issue and about the sense of the time away from home.

**[DAVID]**

Yeah.

**[CLINICIAN]**

Okay, How would feel about looking at your drinking from a more sort of holistic way to see whether there are things about it that are enough of a challenge that you might want to change your drinking habits?

**[DAVID]**

Well I'm open to trying something, things are getting pretty ah, difficult.

**[CLINICIAN]**

Okay.

**[FADE OUT:]**

The End