



Brief Intervention (transcript)

Video 7

Planning to Address Some Underlying Problems

By Dr. David Brown

[FADE IN:]

[INT. CLINICIAN'S OFFICE – DAY]

Since drinking at higher risk levels is frequently tied to other social or mental health problems, the Clinician flags these issues and takes some first steps toward addressing the underlying issues. In this scene the Clinician is speaking to David, a grad student, about his drinking.

[CLINICIAN]

Okay. In the meantime there are quite a few things that we could talk about with stress reduction and I know in your life you've had other experiences of stress. What things besides alcohol have worked for you, for reducing stress?

[DAVID]

Ah, going for a walk along the water, you know, along the river seems to help.

[CLINICIAN]

Yes, and quite close by to the campus so that makes some sense. And is that something that you do alone or with other people?

[DAVID]

Well, I used to do it with my wife a lot but now that things have got tense we haven't been. She hasn't been as interested and I'm always used to doing it with her so I guess I got out of the habit, yeah.

[CLINICIAN]

Do you have a sense that she might be immutable to an invitation to do that?

[DAVID]

Yeah, probably. Especially if I'm drinking less.

[CLINICIAN]

And how do you feel about that? Do you feel ready to ask her to go for that walk?



[DAVID]

Yeah, I'd like that.

[CLINICIAN]

Great. So that's a nice positive thing you can do about stress reduction.

[DAVID]

Yeah.

[CLINICIAN]

And you'd already mentioned that found exercising works well for you? Do you have any ideas about how you might incorporate that again?

[DAVID]

Well, if I meet this guy at the gym I can. You know especially if I do a lot of cardio you know kinda burn the anger of the day off.

[CLINICIAN]

Yes.

[DAVID]

I'll try that.

[CLINICIAN]

Okay, so the one last thing I want to give you before you go, is a list right here of the websites that we have on campus that look at stress reduction techniques and also how to watch when you're seeing signs that you're starting to really ramp up in terms of stress and some short little exercises that you can do. You know, going to the gym and running off that energy for twenty minutes is great but sometimes you don't have that time, what could you do in five minutes, what could you do in one minute and those things are listed here.

[DAVID]

Okay.

[CLINICIAN]

And the reason I bring that up is because the main reason that you've been having as much alcohol as you have is to reduce the stress. So if we take away the alcohol and we don't do anything about the stress, then it's not going to be as easy to be successful in this.

[DAVID]

Right.

[CLINICIAN]

So we really want to pay attention to this part and then the other part will pretty well take care of itself.

[DAVID]

I hope so.



[CLINICIAN]

Good. Okay David we're gonna see you in three weeks?

[DAVID]

Okay, I have to come back and get that script reviewed anyways, so that will work out.

[CLINICIAN]

Okay, terrific.

[DAVID]

Thanks a lot.

[CLINICIAN]

You're welcome.

[FADE OUT:]

The End