



## *Brief Intervention (transcript)*

### **Video 4**

## **Exploring Goals for Change**

**By Dr. David Brown**

[FADE IN:]

[INT. CLINICIAN'S OFFICE – DAY]

Building on the earlier steps, the Clinician now helps the patient identify some achievable short-term goals for drinking change. In time-limited settings, the Clinician might make this the start of a second visit. In this scene the Clinician continues speaking to David, a grad student, about his drinking.

[CLINICIAN]

Ah, one of the things that we look at about alcohol use is what goal would work for you in terms of reducing alcohol and what you've written here is that what you'd like to do is that when you do start having drinks that you would like to keep it down to two drinks in one evening session instead of the five or six that you were doing before.

[DAVID]

Yeah. Save me a few bucks if nothing else.

[CLINICIAN]

Yeah, and do you think that that's something that maybe have you ever tried this before to cut down on the number of drinks that you have on any one occasion?

[DAVID]

Yeah, I've thought about it but it's kinda hard because the people I'm with are. They keep drinking right? So...

[CLINICIAN]

Have you ever tried it actually?

[DAVID]

Probably not too hard.

[CLINICIAN]

Okay and in terms of managing that, we'll go back to that, and then also you've said here that instead of drinking five nights a week that you'd like to consider drinking two nights a week?



**[DAVID]**

Yeah, that's a tough one, I'd like to probably work towards that. Yeah.

**[CLINICIAN]**

Okay and then the final one in here is that you would like to see yourself as being completely alcohol free within one month.

**[DAVID]**

Yeah, or try that anyway.

**[CLINICIAN]**

Yeah, so when you look at these goals that you have here, which of these seems the most difficult for you?

**[DAVID]**

Um, probably being alcohol free.

**[CLINICIAN]**

Yeah.

**[DAVID]**

Yeah.

**[CLINICIAN]**

And which one that seems more likely or the most easy thing, I know they're all different and a little bit of a change from what you've been doing, but which one looks like the one that you feel you'd have the most ease at doing?

**[DAVID]**

Well, all things considered, probably not drinking as much each night.

**[CLINICIAN]**

Each night, okay.

**[FADE OUT:]**

The End