

Course Title: **Alcohol and Psychosocial Interventions**

Duration: 1 day, 9.30 to 4.30.

Target Audience: This one day course is available to staff in Primary Care settings. Drug Action Teams, Criminal Justice and Social Services teams, Health Services, Young Peoples' services and Community Groups.

The learning includes:

- information and facts about alcohol
- understanding units
- using identification tools
- structuring and conducting brief advice
- practicing brief advice
- introduction to the core principles of motivational enhancement techniques
- practice in the essential skills of motivational enhancement techniques.

Course aim: To provide participants with training so they are able to deliver a brief intervention to help reduce alcohol related risk in adults drinking at hazardous and harmful levels; to introduce and practice the principles of Motivational Enhancement Techniques incorporating the transtheoretical model of change and to refer people who need extra support into specialist services.

Course objectives: By the end of the session participants will be able to:

- Comprehend national and countywide priorities in addressing the issue of illness associated with increasing alcohol consumption.
- Explain the four levels of alcohol related risk in adults and how they relate to alcohol consumption in units.
- Screen patients, using the ten question AUDIT questionnaire to determine hazardous, harmful or likely dependant drinking.
- Deliver a brief intervention to those identified as drinking at hazardous or harmful levels.
- Demonstrate an understanding of the key principles of behaviour change.
- Discuss the concept of motivation and relate it to a model of the way people change.
- Make a realistic assessment of a client's motivation.
- Use their enhanced information-base on referral to specialist services for people who need extra support.