**Course syllabus**

The course has 10 modules, each including text content, explanatory videos, role play demonstration videos and scripts to the role play videos. To complete each module and move on to the next one, you must score at least 80 per cent in the self-assessment test.

There is no time limit for this course and you can return at any time. Note that this e-course must be attempted with reference to the full manual available in the Course Materials.

**Module 1: Understanding Harmful Drinking**

In this module, you will learn the warning signs of drinking problems, when drinking becomes problem drinking, the different types of problem drinking, when people’s drinking becomes harmful or dependent, the impact of harmful or dependent drinking, and the treatments for harmful and dependent drinking.

1.1  Read pages 6-7 of the manual

1.2  Read pages 6-7 of the manual

1.3  Read pages 8-10 of the manual

1.4  Read pages 10-11 of the manual

**Module 2: An Introduction to Counselling for Alcohol Problems**

In this module, you will learn how people stop or reduce their drinking, which medicines are used to treat alcohol use disorders and their role, about CAP and its phases

2.1 Read pages 13-14 of the manual

2.2 Read Appendix 3 in the manual

2.3 Read pages 14-18 of the manual

**Module 3: The Four Core Counselling Objectives**

In this module, you will learn how to be an effective counsellor for people with alcohol problems by developing an engaged relationship with the patient, working together with the patient, promoting independence, building and developing a patient’s motivation for change. You will also learn the three important counsellor skills.

3.1a Watch the video lecture

3.1b Watch the video lecture and the role play demonstration video

3.1c Watch the video lecture

3.1d Watch the video lecture and refer to Table 1 on page 25

3.2 Watch the video lecture

**Module 4: General Format for All CAP sessions**

In this module, you will find a session-by-session guide to the CAP programme.

4.1 Read pages 31-36

**Module 5: Initial Phase**

In this module you will learn how to introduce CAP to the patient and set the agenda, help the patient understand his drinking, provide personalised feedback, and help the patient set goals. You will also learn the two types of drinking goals, how to help a patient control his drinking, develop a change plan and action plan, and how to end the first session.

5.1 Watch the video lecture and the role play demonstration video

5.2 Watch the video and the role play demonstration video

5.3 Read pages 45-46 of the manual

5.4 Watch the video lecture and role play demonstration videos

5.5 Read pages 47-48 of the manual

5.6 Watch the video lecture and role play demonstration video

5.7 Read pages 59-61 of the manual

5.8 Read pages 61-64 of the manual

**Module 6: Middle Phase**

In this module, you will learn how to review progress on the action and change plans, target behaviours with specific skills, teach the patient problem solving, drink refusal skills, how to handle drinking urges and emotions.

6.1 Watch the video lecture and role play demonstration video

6.2 Read page 68 of the manual

6.2a Watch the video lecture and role play demonstration video

6.2b Watch the video lecture and role play demonstration video

6.2c Watch the video lecture

6.2d Watch the video lecture and role play demonstration video

**Chapter 7: Ending Phase**

In this module, you will learn about relapse prevention and management, how to prevent a lapse, how to prevent a lapse from turning into a relapse, what to do if a lapse turns into a relapse and how to end the treatment

7.1 Read pages 91-92 of the manual and watch the video lecture

7.2 Read pages 92-96 of the manual

7.3 Read pages 96-98 of the manual

7.4 Watch the video lecture and role play demonstration video

7.5 Read pages 100-102

**Module 8: Dealing With Challenges**

In this module, you will learn the challenges to the counselling process, challenges to do with drinking goals or problem severity and challenges of patient disposition and other factors

Watch the video lecture

**Module 9: Depression Plus Drinking Problem**

In this module, you will learn how to treat patients who suffer from both depression as well as alcohol use problems

Watch the video lecture

**Module 10: Tobacco Plus Drinking Problem**

In this module, you will learn how to treat patients who suffer from both depression as well as problems with tobacco use

Watch the video lecture