

Working with the patient		
Who said?	What did they say?	Key Learning Points
Counsellor	As you know, you were asked some questions regarding your drinking alcohol. We use these questions to help us see if someone is drinking too much or if they are starting to have a problem. I'd like to discuss your answers to these questions and maybe I'll ask you a few more questions. Would it be ok if we discussed these things today?	
Patient	Sure. What does the result show?	
Counsellor	According to these results, the amount that you are currently presently might be affecting your health. What do you think about it?	
Patient	Yeah, actually when I met the doctor earlier, he also told me that my liver is enlarged.	
Counsellor	Did he say what might be the reason for that?	
Patient	He told me it might be because I'm drinking too much.	
Counsellor	And do you agree with his assessment?	Evoking Change Talk
Patient	Yes, I think so. In the past few months I have been drinking heavily and now it's impossible for me to stop.	
Counsellor	Are you trying to say that you have tried to stop, but you have not been able to do so?	
Patient	Yes exactly. When my friends come over it's very difficult to say 'no' to them. They insist for me to have a drink at the bar and then I can't say 'no'.	
Counsellor	I understand that this can be a difficult situation to handle, and I'm very happy to work with you on this. Does it make you think anything about your drinking and the effect it might have on you, on your family, on your work, etc?	Evoking Change Talk
Patient	Yes. I had not really realised that I was drinking so much and it was having [an] effect on my work, my family. Now that I think of it, it is having [an] effect on my home, my money and finances, and I'm not very happy with that.	
Counsellor	Ok. That is helpful. So do you think it will be useful if even I shared what these answers suggest to me?	
Patient	Yes, that's what I'm here for.	
Counsellor	I agree with a lot of what you have said. The effects on your health are really worrisome. You also told me a little earlier that you think that the drinking has effects on your family, the arguments have increased and your money worries. So, I think that we need to work together to decide what you want to do about this.	
Patient	Yes. I will do whatever you say to control my drinking. I need to work on that.	
Counsellor	It is really nice that you have put so much of trust in me and we definitely will work together to talk about effective ways that have helped others with their drinking problems. But rather than me just tell you what to do, it would be more beneficial to you if we	

	worked on those things together. Is that ok?	
Patient	Yes, ok.	