

# THERAPEUTIC JOURNEYS

## ALCOHOL COUNSELLING SKILLS: Working with Binge Drinking



**THERAPEUTIC JOURNEYS**  
ALCOHOL COUNSELLING SKILLS: Working with Binge Drinking

This DVD features a counsellor interviewing a 24 year old male client who is experiencing problems related to binge drinking, particularly on weekends.

Although unconcerned about his alcohol use, he is worried that his partner may end their relationship unless he addresses his excessive alcohol use.

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The interview illustrates:

- General counselling skills - listening skills, empathy, use of questions, summarising, reflecting feelings and humour
- Alcohol and drug assessment
- Motivational interviewing
- Problem solving and short term goal setting
- Normalising relapse

Duration: 42 minutes

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