



Brief Intervention (transcript)

Video 6

Exploring Related Issues

By Dr. David Brown

[FADE IN:]

[INT. CLINICIAN'S OFFICE – DAY]

When describing patterns of alcohol use, a patient may mention activities that are particularly dangerous (such as driving while intoxicated). The Clinician must then underscore the potential for serious consequences. In this scene the Clinician is speaking to David, a grad student, about his drinking.

[DAVID]

When I'm not drinking I feel I'm either down or stressed. So, that just makes that go away for a little while.

[CLINICIAN]

And has that been just since you've been working on this program, the feeling down or stressed?

[DAVID]

Well, I think it's always been there certainly since being in the program particularly. And now that I'm more than half-way through, it's been much worse, the pressure's just so much.

[CLINICIAN]

Would you say the last six months or longer than that?

[DAVID]

Oh, at least the last six months like it's been really noticeable.

[CLINICIAN]

We often find that depression happens in times of great stress but also that some of the things we do can create depression or depressive symptoms. And one of the biggest depressants that we have in your situation is alcohol itself. Initially it raises your mood and you feel quite euphoric

[DAVID]

Umm hmm (listening).



[CLINICIAN]

And then after a little while or a larger amount of alcohol, it actually brings one's mood down. And do you ever notice that towards the end of the evening those down feelings are starting to come back?

[DAVID]

Yeah, I guess I thought I was just going back to normal.

[CLINICIAN]

Oh, I see.

[DAVID]

Yeah.

[CLINICIAN]

So it makes a bit of sense does it?

[DAVID]

I guess so, yeah.

[CLINICIAN]

So, based on some of the things that we talked about today, I do think it would be worthwhile to check and see whether there is any evidence that we can actually diagnose as depression, and I think we should do that offline... do that at another time. But using that kind of a thing, we can see - is there evidence for depression actually happening? Or, is there something that if we change the way you are drinking, some of your symptoms of feeling quite down, feeling like you can't get through this work, that the work is overwhelming - might really change if we could reduce the alcohol somewhat. So how would you feel about that?

[DAVID]

Yeah, I'm game.

[CLINICIAN]

Okay, sure. So we'll put another appointment for that then.

[DAVID]

Okay.

[CLINICIAN]

Okay. Is there anything else on the list there that is a concern for you?

[DAVID]

Umm... well, I've probably driven a few times after drinking.

[CLINICIAN]

Oh, okay.

[DAVID]

Yeah.



[CLINICIAN]

How did you feel about that?

[DAVID]

I knew I shouldn't.

[CLINICIAN]

Were you scared about that?

[DAVID]

Probably not at the time, but later when I think back, yeah.

[CLINICIAN]

Was that ever an issue with you and your partner?

[DAVID]

Yeah, she's concerned about that.

[CLINICIAN]

Okay, and she's usually not the one who's with you when you're drinking?

[DAVID]

No, no.

[CLINICIAN]

So you have to get the car home yourself?

[DAVID]

Yeah.

[CLINICIAN]

So, I have to say that that's a pretty scary thing for a doctor to hear, because a mistake in that way could really cost you your life and maybe other people as well. So we really look at that one as a pretty serious one.

[FADE OUT:]

The End