

Alcohol Brief Lifestyle Counselling (ABLC)

Aim

This one-day Alcohol Brief Lifestyle Counselling course will enable participants to understand what ABLC is, develop practical skills in using motivational interviewing tools and teach professionals on when and how to deliver Extended Brief Interventions sessions to individuals identified as high risk drinkers.

Learning Objectives

The participant will:

- Learn about the evidence behind ABLC
- Understand the difference between ABLC and Counselling
- Understand the theory behind ABLC in the context of Stages of Change model
- Learn about the contraindications for ABLC, such as severe alcohol dependence
- Develop a base of skill required for Motivational Interviewing (MI) specific skills e.g. reflective listening, summarising, expressing empathy etc.
- Learn when and how to use an ABLC tool, including scaling questions, MI techniques, and Cognitive Behavioural Therapy (CBT) tools, such as SMART goal planning, decisional balance sheets and a follow-up plan
- Use role play to practice skills and be given objective feedback (rocket feedback)
- Explore barriers and challenges to delivering ABLC in practice and developing approaches to overcome these
- Develop an ABLC based action plan for changing the drinking of service-users
- Action learning to practice delivering ABLC for embedding the skills

Competencies

1. Assessing and addressing individual's needs	
SCDHSC0025	Contribute to implementation of care or support plan activities
2. Education, and promotion/protection of public health	
AH10.2014	Work with individuals to encourage a reduction in harmful alcohol consumption and drinking behaviour
HSC35	Promote choice, well-being and the protection of all individuals
3. Education and learning around health	
HSC33	Reflect on and develop your practice