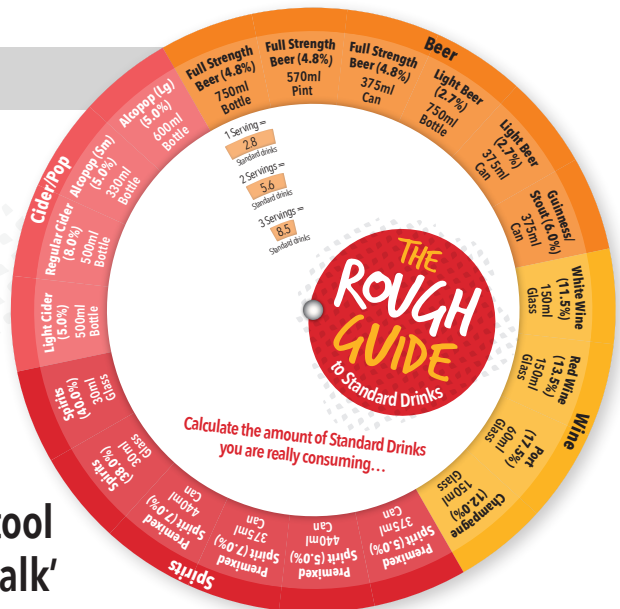


Your Rough Guide to

THE ROUGH GUIDE



A brief intervention tool to promote 'change talk'

This interactive tool has been designed to allow workers and clients to reflect on and track alcohol consumption. As people share their story of the big night, weekend, habitual consumption, weekly or daily use they count up the units consumed, or you count the units for them so the narrative continues to flow.

Numbers appeal to the brain, we have a specific numerosity map in the brain which gives us a number sense. This means the information generated from using the Rough Guide BI Tool can be absorbed more readily since the visual concept of numbers have a place of connection that can lead to personalised relevancy. When information is received as relevant, personal and self-generated, evidence shows the impact on behaviour is greater.

When using brief intervention tools they are most effective when used in conjunction with the 3 A's - Ask, Assess, Advise

- Seeking permission - listening for the indications that people would like information or advice.
- Listening uncritically - brief intervention is not being critical but recognising people may not be ready for change yet but the information you give may be useful at some point in the future.
- Reframing, reflecting, clarifying - ensuring you understand their needs, clarifying what the issues are for them and providing useful information.
- Acknowledging feelings without agreeing or disagreeing - it is important to remain impartial and focus on offering information that addresses their needs.
- Exploring - seeking suggestions in a client centered model, enabling people to find their own resolution. Use questions that encourage people to identify their own solutions.
- Acknowledging - seeking clarification of what they would like information on.

(Adapted from www.everycontactcounts.co.uk/brief-interventions)

To order the Rough Guide and/or further information please contact www.den.org.au